



THE PORTUGAL News

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Dismay as Portimão bridge closes

The old bridge linking the cities of Portimão and Lagoa will close this weekend for a period of at least 15 months for emergency works on the 131-year-old structure. (See P. 4)

Motorway crash leaves 15 dead

The death toll from a two-vehicle crash on a Portuguese highway has risen to 15 with the deaths overnight of two seriously injured people in a Lisbon hospital, officials said. (See P. 2)

Boy killed on zebra crossing

A six-year-old boy was hit and killed on a pedestrian crossing in Tires, Cascais, whilst walking to school with his grandmother and four-year-old brother, who were also seriously injured in the incident. (See P. 2)

Iberian Lynx comeback planned for 2009

According to newly-released plans drawn up by the Government to revive the virtually-extinct Iberian lynx, the world's most endangered feline, by 2009, Portugal could see a healthy spurt in the number of these animals, even if only in captivity. (See P. 5)

Mother poisons baby

A 31-year-old mother believed to suffer psychological problems poisoned and killed her two-year-old daughter last week, in Madeira, after visiting the toddler in an institution in which she had been placed since birth, giving her a drink spiked with the fatal ingredient 'paraquat', then finishing the rest of the drink herself. (See P. 4)

Weekend weather

Lisbon: Saturday: Partly Cloudy, high of 23°
Sunday: Partly Cloudy, high of 23°
Faro:
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Sunday: Cloudy, high of 22°
Oporto: Saturday: Partly Cloudy, high of 21°
Sunday: Sunny, high of 21°

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Government acts swiftly as the number of road fatalities in 2007 threaten to undo progress of recent years

WAR ON TRAFFIC OFFENDERS REVIVED



Within hours of a bus accident that claimed the lives of 15 people and in what has generally been a tragic week on Portuguese roads (see pages 2 and 3) the government, after an emergency meeting with concerned groups, has announced a new road safety campaign aimed reducing Portugal's rising road death figures. With the number of road deaths this year well above those recorded in 2006, the government has unveiled the "Death on our Roads - Let's put a brake on this drama" campaign.

The campaign, government sources explained, will be primarily focussed on boosting the presence of police on the nation's roads, with specific attention being given to drunk drivers and speeding.

During the emergency meeting held in the capital this week, it was decided that traffic police forces would be handed a cash injection of two million euros.

The cash is to be invested in purchasing radar equipment, mobile computer systems and breathalysers.

According to the office of the state secretary for civil protection, a total of ten measures were agreed earlier this week, including increased policing on motorways as police admit that average speeds have been on the rise in recent years, perhaps as a result of a greater sense of impunity among drivers.

People gather in front of the river quay in Terreiro do Paço in Lisbon on Monday to pay homage to recent road death victims. The placard reads, "Enough of road deaths. Portugal mourns." (Photo: Lusa / José Sena Goulão)

**Traffic Offenders, see
p. 18**

Motorway crash leaves 15 dead



Family members at the door of the Castelo Branco hospital mortuary wait for the release of the bodies of the victims of the bus accident on the A23 on Tuesday. (Photo: Lusa / Paulo Novais)



The death toll from a two-vehicle crash on a Portuguese highway has risen to 15 with the deaths overnight of two seriously injured people in a Lisbon hospital, officials said.

Portuguese President Cavaco Silva expressed his "deepest sympathy" to relatives of the victims of Monday evening's accident on the A-23 motorway, some 150 kilometres northeast of Lisbon, saying police were investigating the cause of the "great tragedy".

The accident occurred when a municipal bus, carrying 38 students from a "seniors" university, collided with a passenger car and crashed into a 50-metre ra-

vine at Fratel, near the town of Vila Velha do Rodão.

Three helicopters and a fleet of ambulances ferried the dead and 24 injured, four with serious injuries, to hospitals in Castelo Branco, Abrantes and Lisbon.

The bus involved in the fatal crash belonged to the Castelo Branco City Council and was taking senior citizen students home after a visit to the shrine of Our Lady of Fátima and the fishing port of Nazare. *TPN/Lusa*

Four thousand pedestrians run over so far in 2007

During the first eight months of the year, an average of 16 pedestrians were run over a day.

Figures released by the National Road Safety Authority indicate that around four thousand people have been run over between January and August.

A total of 79 people died as a result of their injuries, while a further 390 sustained serious injuries. However, around 25 percent of these victims are reported to have died at a later stage as a result of their injuries.

Further statistics show that

around 13 percent of all road deaths in Portugal relate to pedestrians.

Last year, out of the 850 road fatalities, 137 were pedestrians. It is estimated that approximately 60 percent of all pedestrian fatalities take place in cities such as Lisbon, and occur mostly on pedestrian crossings.

The overwhelming majority of victims are aged 65 and over.

Boy killed on zebra crossing

A six-year-old boy was hit and killed on a pedestrian crossing in Tires, Cascais, whilst walking to school with his grandmother and four-year-old brother, who were also involved and seriously injured in the incident.

The boy was hit by two vehicles, the first running in to the

toddler and projecting him into the opposite lane, where seconds later he was run over by a second on-coming car.

Medical sources have said that the boy, named Alexandre, had suffered 'extremely serious' head, abdominal and chest injuries. His younger brother Duarte

and 62-year-old grandmother, who were hit by the first vehicle, also suffered serious head injuries, his sibling further sustaining abdominal wounds, though of lesser severity.

All three victims were rushed to Lisbon's São Francisco Xavier Hospital, where Alexandre eventually succumbed to the extent of his injuries and died later that afternoon.

During his time in the hospital, the child was operated on twice, the parents fully aware of his critical condition.

Duarte and his grandmother remain under observation, though are said to be 'out of danger'.

One witness who tried to help in the aftermath of the accident, described how the grandmother

was left face down on the tarmac, her grandson Alexandre on the opposite side of the road.

Immediately after the impact, Alexandre was still conscious, though, according to the witness, lost consciousness a short while later.

His last words, "It hurts", were to a bystander who held his hand as he attempted to keep him awake.

Both drivers were breathalysed, which showed negative results, and were later taken to Cascais' hospital for drug tests.

One of the drivers said the trio had crossed the road before suddenly deciding to turn back.

According to locals, this was not the first incident to occur on the particularly notorious spot, nor, they believe, will it be the last.

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Moves to publicly differentiate good and bad drivers



Green, yellow and red are the colours the government intends using to classify good, average and bad drivers.

'Green' drivers will be entitled to discounts, while those in the red will be required to repeat their driving test in order to have a green disk in the windshield of their cars. In order to receive a green disk, and therewith receive discounts when purchasing a new car, fuel or accessories, a driver must have not been responsible for an accident in the previous three years or one with blame the past decade.

Dangerous drivers or those who will be forced to drive with a red disk will be people who have been responsible for at least two accidents the past 12 months or four or more accidents the past decade.

'Yellow' drivers are those who have caused up to two accidents during the previous year or three the past ten years.

But the move has not received full support from interest groups.

Carlos Barbosa, chairman of the Automobile Club says stigmatising drivers will not prevent accidents, saying the government should instead look at introducing a driver's licence points system similar to that in use in a number of European countries.

Other questions raised against the disk system include when a vehicle is used by more than one driver, but with different ratings, whose disk is displayed in the windshield?

Police 'elite' arrest some of Portugal's most infamous club bosses

Twenty officers of the Special Operations' Group, the *crème de la crème* of Portuguese police, were called in to assist in the arrest of a man considered to be one of the country's most difficult criminals to pin down, a leading nightclub tycoon suspected of dealing in prostitution, drugs and weapons throughout Lisbon.

Already under investigation for the afore-mentioned crimes, along with two other notorious individuals, identified as Alfredo Morais and Rui Batista, who are all involved in the strip-club 'Pasarelle' prostitution case, is club entrepreneur Perdo Gameiro, who had, until earlier this week, proved very elusive.

Eleven other suspects, thought to be associated with drug, weapon and prostitute trafficking in Lisbon, were also arrested in the early hours of Sunday morning.

According to a police source, all of the detained were known for "controlling the night scene", and for the "high level of danger they generated".

Their names are linked to numerous violent crimes and police involved in their arrests were advised to proceed with "extreme caution".

Officers of the Special Operations Group as well as the Criminal Investigation Division (DIC) carried out 38 searches of the suspect's residences and their business establishments, mostly strip clubs and brothels.

These were carried out between 14h00 and 18h00 on Sunday afternoon, and led to the seizure of various makes of revolvers, munitions, and a Taser stun gun. Illegal

drugs, cash, documents and computers, along with high-powered vehicles, including BMWs, Mercedes', and a Porsche Cayenne.

The 11 suspects are accused of extortion, promoting prostitution, aiding illegal immigration, and drug and firearms trafficking. Provisional measures were being established, following initial interrogation, on Sunday night. Ex-police officer Alfredo Morais, a major suspect, had already been identified due to his involvement in the 'Pasarelle' case.

Whilst some of the suspects were detained on the street or in their homes, most were arrested inside the brothels they own and run, the majority of which are situated on the Avenida Duque de Loulé, Lisbon. Code-named 'Operation Octopus', the high-risk intervention involved 114 officers on the ground, 26 Immigration and Borders (SEF) inspectors, and many other special forces, totalling 223 individuals.

Eighty-eight foreign women were identified, and a further 22 witnesses, who were interrogated in connection with the bust, which was the result of more than a year-long probe, were foreign nationals.

Lovers killed in car crash



Two teenage sweethearts were killed in a violent car crash on the EN125, near Patã de Cima, Loulé, Algarve, which also left two other teenagers seriously injured, one of them still in a critical condition.

Tiago José Martins Ramada and his girlfriend Susana Correia, aged 17 and 18, were killed instantly, whilst two other youths, 19 and 15 years of age, travelling in the same car, were left with serious injuries.

One of them, 15-year-old Daniel Verónica, a student at the

Diamantino Negrão, Montechoro, remains in a critical condition in a coma caused by extensive head and lung injuries in Lisbon's Santa Maria Hospital. He was travelling on the back seat and is reported to have also suffered multiple fractures to the legs and jaw.

The father of Tiago Ramada

told police his son did not hold a driver's license, and the car, a second-hand Opel Corsa, was not insured.

On the night of the accident, the driver of the second car involved in the accident fled the scene, though turned himself in the following day after being paid a home

visit by the GNR police. He has been identified as a 19-year-old father of one, also called Tiago.

Twenty-eight firemen and ten vehicles from the Loulé and Albufeira departments were called out to assist the incident.

Police are still investigating the cause of the crash.



The wreckage of a car involved in a collision on the EN 125 at Patã de Cima in Loulé which caused two deaths and two serious injuries on Tuesday night. (Photo: Lusa / Luis Forra)

Drought - Two thirds of Portugal currently affected



Two thirds of the Portuguese territory has been suffering from a weak drought since October due to the higher than normal temperatures coupled with the lack of rainfall, the Portuguese Met Office revealed this week.

Due to the current situation, hydroelectric activity has been limited at some dams, it has further emerged.

"There has been an expansion in the area currently suffering from a weak drought", explained Met Office chief Luís Filipe Nunes.

Last October was also the driest this century and the second driest the past 18 years, with average rainfall down to 35.4 mm from the norm of 92mm.

But there is little concern that the situation will cause immediate problems.

The Water Board (INAG) says the current lack of rain will only become problematic

should there be no or limited precipitation between now and next spring or summer.

The dams hardest hit by the current drought are the Arade and the Lima.

In terms of temperature readings, Alcázar do Sal in central Alentejo recorded 22 days where thermometers read 25 degrees Celsius or higher.

Temperatures in Lisbon, Faro and Estremoz were also higher than usual, with a total of 11 days seeing the mercury rise beyond 24 degrees.

The weather this year is in stark contrast to that experienced last year, with last autumn being the third wettest in 42 years.



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Spain asks for 'El Solitário' to be handed over

Spanish authorities have, for the second time, requested that the notorious lone bank robber known as 'El Solitário', real name Jaime Gimenez Arce, who was captured in Portugal be temporarily extradited for questioning in his homeland in connection to other cases.

El Solitário is known to have held up a series of banks, and is suspected of murdering two Spanish Guardia Civil police officers in Navarra, Spain, July 2004.

The gun that was seized in Portugal at the same time as his arrest has also been requested by Spanish police to aid their investigations.

In regards to permanent extra-

dition, at the time of El Solitário's arrest Portuguese authorities admitted it would be a possibility, but only after the criminal is tried in a Portuguese court of law.

Navarra police have asked that Jaime Gimenez Arce be temporarily extradited for two months, in December this year, for questioning, and will then be returned to Portugal.

Portimão bridge closure sparks panic and dismay



Portimão's 131-year-old metallic bridge has dominated headlines this week following allegations of an imminent collapse after its present state of safety had been compared to that of the bridge in Entre-os-Rios, which collapsed in 2001 and tragically caused 59 people to lose their lives. But with no viable alternative in place to residents on either side of the Arade river, the bridge, which currently carries an estimated 3,000 vehicles a day, will close this Saturday for a period that might very well exceed the 15 months local authorities have said. Thousands of residents, many of whom use bus services to travel to work and school across the river, will now be faced with late arrivals or an early rise and late return home. For those with cars, they are set to aid in clogging up one of now only two remaining entries to the sprawling city of Portimão.

Thousands of residents in many of Lagoa's parishes will now have to come to terms with living on the "wrong side" of the Arade river, as the bridge's closure is set to bring about isolation last seen in the pre-automobile period or, in the very least, an increase in transport costs and dozens of hours wasted each month as travelling times are set to double, for thousands of parents and workers.

For years the bridge has been subject to extensive interventions, mainly underwater examinations on its pillars as a means to assess its exact state of sturdiness.

Reportedly the crossing, which was built in 1876, will be closed this Saturday, on November 10th, in preparation for thorough restructuring works.

How long those works will take to complete is as yet unknown, though talk is the bridge will remain closed until well into 2009.

Contributing to increasing worries was the suggestion earlier this week that Portimão City Hall would close the bridge with immediate effect, should private road company EP – Estradas de Portugal, who are responsible for assessing the bridge's safety – not issue a statement confirming there was no imminent danger for those using the bridge, to put local people's minds at ease.

EP did reply and in a fax to Portimão City Hall reaffirmed the bridge's safety until November 10th, and has refuted that such drastic measures are necessary, saying the bridge is still perfectly safe to be used, though have stressed it will be closed on the previously-stipulated date.

Local residents have since started to voice their concerns over the bridge's closure due to the lack of alternative routes into Portimão.

The nearest alternative bridge – locally known as the 'New Bridge' – would entail an approximate 10-kilometre detour for those living on the other side of Portimão's Arade River, in the district of Lagoa, namely in Ferragudo, Parchal and Mexilhoeira da Carregação.

Most people from those areas work in Portimão, have children attending school there, are dependent on the bridge and will be the worst affected by its closure.

While elusive Lagoa Mayor José Inácio was unavailable for comment for two days leading up to **The Portugal News** going to press, head of Ferragudo parish Luís Alberto, in a statement sent to **The Portugal News** said: "The closure of the Rio Arade Bridge, which will presumably last for more than two years, in an attempt to reinforce the structure by rebuilding disintegrating pillars, will leave the residents of two of the worst affected areas (Ferragudo and Parchal) with no choice but to cross the river by car, over the other bridge."

"This will cause not only a significant deterioration in traffic congestion, but also a steep rise in those trying to enter Portimão, as most of the inhabitants of these two towns work and their children study in that city, on which a large part of their social and economical blanket is dependant".

Portimão Mayor, Manuel da Luz, speaking after an emergency meeting with national road company Estradas de Portugal complained, that he had not been warned with sufficient notice of the dangers facing the 131-year old structure.

Those who cross the bridge on a daily basis by foot or two-wheel transport will still be able to do so, though a regular boat crossing is an alternative that is currently being looked into.

Users will reportedly pay a return ticket of €1.20, and Deputy Mayor Luís Carito has confirmed the boats "in principle have the capacity to respond to the population's needs".

In 2005, inspectors gave the Portimão bridge the worst possible classification in terms of conservation, which led to an emergency intervention on six of its seven pillars, and the opening of a public tender to find a contractor to carry out underwater work on all seven of its pillars.

Despite the severity of the bridge's state, only this year has significant intervention commenced. Work is expected to start in January, and will reportedly cost at least 3.4 million euros.

Construction company Betar were this week reported as saying that a new Arade bridge would cost five million euros, and would take 11 months to build, adding repair costs would eventually amount to €5.4 million.



The old Portimão bridge over the River Arade which, according to the Vice-Mayor of Portimão, does not pose a risk to traffic. (Photo: Lusa / Luis Forra)

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Mother kills baby daughter

A 31-year-old mother, believed to suffer psychological problems, poisoned and killed her two-year-old daughter last week, in Madeira. The mother was visiting the toddler in an institution in which she had been placed since birth, giving her a drink spiked with the fatal ingredient 'paraquat', then finishing the rest of the drink herself.

Both the woman and her daughter were taken to the Cruz de Carvalho Hospital in Funchal. Identified as Ana C., the woman is currently in a stable condition, and has not yet been declared an official suspect in the death of her daughter. Police are awaiting the results of the two-year-old's autopsy.

In Madeira, poisoning is still frequently used as a method to commit murder or suicide. Another recent case saw a mother attempt to kill her 50-day-old son through poisoning, to protect the real identity of the child's father from being discovered.

Ana C. is believed to have long fought mental problems, her daughter was placed in care at birth, and she has no known employment or immediate relatives.

For days she lay between life and death following what is thought to have been a suicide attempt, and is now under police observation.

When ingested, *Paraquat* generally has a mortality rate of 100 per cent.

Three missing yachtsmen saved off southern coast



Three yachtsmen were rescued on Wednesday by a cargo ship off the southern Portuguese coast after being reported missing for six days, officials said.

The Portuguese Navy said the three sailors, all Portuguese, were spotted by a cargo ship about 100 nautical miles southeast of Cape St Vincent. The missing yachts-

men were still aboard their boat, "Guy 1", and taken onto the cargo ship reportedly in good health.

A Portuguese Navy corvette has been sent to bring the missing

crew back to Lisbon. A search and rescue operation, involving Portuguese and Spanish planes and ships, was launched last week after the yacht went missing.

Iberian Lynx comeback planned for 2009



According to newly-released plans drawn up by the Government to revive the virtually-extinct Iberian lynx, the world's most endangered feline, by 2009 Portugal could see a healthy spurt in the number of these animals, even if only in captivity.

Excrements found in 2001 in the Adia mountain range, Alentejo, were the last remaining pieces of evidence to prove the Iberian Lynx ever roamed the Portuguese countryside.

However, in 2009 the first occupants of a reproduction centre wholly dedicated to repopulating the Iberian lynx's species and which will be built

in Silves are expected to arrive from Spain.

State Secretary for the environment Humberto Rosa has said that, "without this centre the Iberian Lynx would face sure extinction and would not stand a chance neither in Portugal, nor in Spain".

In the pipeline are other similar protection and conservation plans, one destined at the

'Saramugo' fish — a small, sweetwater fish found only in Portugal and which is currently dwindling — for the Sado estuary's bottle nose dolphins and for various species of endangered birds of prey.

Estimated to cost 3.6 million euros, the Iberian lynx's reproduction centre is hoped to be complete by 2008.

Pharmaceuticals available to order on-line



Since Wednesday this week, pharmacies and other shops that sell non-prescription medication, and that have their own websites, have been given the go-ahead to sell these products on-line or by telephone, to be delivered to the home.

On their website, national medication distributor Infarmed have listed local establishments which have on-line ordering facilities.

Products available for on-line ordering include all vaccination not included in the national vaccination plan, like the flu jab, home support, first aid and medi-

cation information, and auxiliary techniques for diagnoses and treatments.

This last piece of on-line information was contested by the National Doctors Board, which claims that all exams should be carried out by qualified doctors, and that being associated to pharmacies is against their deontology.

Algarve rocked by mid-scale quake

On Tuesday night an earthquake measuring 3.7 on the Richter scale was felt in the regions of Lagos, Portimão, Lagoa and Silves, though no personal injuries or material losses were caused.

This was confirmed by the National Institute of Meteorology, detected 85 kilometres south of Cape Saint Vincent, at nine minutes past eleven at night.

According to the reading, the quake would have been felt most intensely in Lagos and Portimão, and with lesser intensity in Lagoa and Silves.

According to Faro's District Central for Rescue Operations very few phone call were made regarding the incident.



The state of the Lisbon motorway after an accident involving two lorries and a car on Wednesday. (Photo: Lusa / André Koster)

Traffic cut off on North-South Lisbon/Almada road

On Wednesday morning all traffic on the North-South Lisbon/Almada road was cut off due to an accident involving two lorries and a passenger vehicle, only reopening later that afternoon at around 13h00.

According to police reports the accident took place at approximately 09h10 that morning, 200 metres from the 'Águas Livres' aqueduct.

All traffic was completely cut off, causing extensive backlogs that were later re-routed through the Radial de Benfica. The accident also caused a large

loss of fuel and oils.

Two cranes were involved in the clear up, none of the victims required medical assistance.

WEB

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From Cambridge Advanced Learner's Dictionary)

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Portugal backs debate of French proposal for Mediterranean Union



Portuguese Foreign Minister Luís Amado has supported discussion of France's proposal for the creation of a north-south Mediterranean Union, calling it a "new idea" that could bolster European ties to the Arab world.

"I'm in favour of a debate. It's a new idea", Amado told journalists Monday evening before hosting a dinner kicking off the IX Euromed meeting in Lisbon that gathers foreign ministers from the 27 EU countries and 10 southern and eastern Mediterranean neighbours.

"We must explore all possibilities, give a strong political response to a new political strategy that we face in this region, taking into account relations with the Arab Islamic world", he said, speaking for Portugal's EU presidency.

Amado said the proposal for a Mediterranean Union, first launched in September by French President Nicolas Sarkozy, would be discussed to "see if we can go forward with it".

He said the discussion would continue next year, expressing hope that under the French EU presidency during the latter half of 2008 "a concrete project can be identified with the support of member states".

French Foreign Minister Bernard Kouchner is expected to elaborate on Sarkozy's proposal during the Monday-Tuesday Euromed conference in Lisbon.

During a visit last month to Morocco, Sarkozy described his vision of a future Mediterranean Union as "a political, economic and cultural" meshing based on

principles of "strict equality".

The French leader did not define, however, which countries he envisioned joining the trans-Mediterranean union nor how it would interact with the European bloc.

TPN/Lusa

EU looks for renewed consensus on enlargement

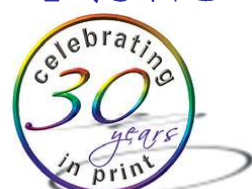
The European Commission this week adopted its annual strategy paper for the EU's enlargement policy.

The annual report shows how the renewed consensus, agreed by EU leaders at their December 2006 Summit, is implemented. A carefully managed enlargement process continued in 2007. The Commission also reviewed the progress achieved in each candidate and potential candidate country. It concludes that there has been steady though uneven progress in the Western Balkans and the region continues to face major challenges. Turkey's accession process is on track, while there is a need to revitalise the reforms.

Presenting the reports Commissioner for Enlargement Olli Rehn said: "In 2007 there has been steady but uneven progress in the Western Balkans. We still need to face major challenges, such as the Kosovo status process, Serbia's democratic development and state building in Bosnia and Herzegovina. I expect that in 2008 conditions will be fulfilled and thus we will be able to complete Stabilisation and Association Agreements with all countries in the region."

"In Turkey democracy prevailed over the political crisis. The new momentum should now be used to re-launch the reforms to improve fundamental freedoms, particularly the freedom of expression and religious freedom, so that they prevail in all corners of the country and in all walks of life", added Commissioner Rehn.

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Commissioner for External Relations and European Neighbourhood Policy, Benita Ferrero-Waldner (2-L), Israeli Vice-Prime Minister and Foreign Minister Tzipi Livni (L), Portuguese Foreign Minister Luís Amado (R) and Euro-Mediterranean Parliament Assembly representative Dimitrios Sioufas (2-R) pose during a family photo session during the 9th Euro-Mediterranean Ministerial meeting of Foreign Affairs at the Atlantic Pavilion in Lisbon on Tuesday. (Photo: EPA/Tiago Petinga)

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EC steps up capability to protect citizens against the threat of terrorism

The European Commission adopted a new package of proposals aimed at improving the EU's capabilities in the fight against terrorism.

The package contains a series of proposals dealing with the criminalization of terrorist training, recruitment and public provocation to commit terrorist offences, the prevention of the use of explosives by terrorists and the use of airline passenger information in law enforcement investigations. It also contains a report on the implementation of one of the key legal instruments of the EU's counter terrorism arsenal.

Announcing the adoption of the new measures this week, Vice-President Franco Frattini, said that, "terrorism remains a threat to the political foundations of the European Union as well as to the life and well-being of our citizens". The territory of the Union was violently attacked in Madrid (March 2004) and in London (July 2005).

Many other plots were recently foiled, in Austria, in Denmark, in France, in Germany and in the UK. He added that "none of our fellow citizens is immune from this threat and terrorism may also strike at European citizens and interests abroad.

Terrorists will strike whenever, wherever and with whatever means to make the most impact". He went on to say that "we cannot be complacent, we have to continue striking the right balance between being aware of the threat and taking adequate and proportionate measures, both at European and national level, to prevent it. Our goal remains preserving the right balance between the fundamental right to security of citizens, the right to life and the other fundamental rights of individuals, including privacy and procedural rights."

Upcoming Europe-Africa summit will strengthen combat of climate change, says PM



Next month's summit between the European and African Unions in Lisbon will allow important steps to be taken to combat climate change with the adoption of a joint strategy in this area by the two blocs, Portuguese Prime Minister José Sócrates was reported as saying on Wednesday by the Lusa News Agency.

Addressing the opening of the "European Development Days" forum on climate change and development in Lisbon, Sócrates said Portugal's EU presidency is working to find "pragmatic solutions in the area of adapting to climate changes", particularly in Africa where consequences are "most immediate and devastating for people."

Despite Africa being the continent making least contribution to climate change, noted Mr Sócrates, "it is ironically the most vulnerable, especially in questions of human security."

"In the African continent, in which economies are largely based on agriculture, climate alterations have caused profound changes in agriculture, creating serious ruptures in food security and, consequently, dramatic departures of people in search of better living conditions."

Acting to tackle climate change is "also a combat of poverty and

underdevelopment" in Africa, said Portugal's leader, calling for "incentives" to be offered to countries with high development rates like China, Brazil and India to join global efforts to cut carbon emissions.

The next big challenge in the fight to cut worldwide emissions of greenhouse gases is December's UN-sponsored conference on climate change in Bali, said Mr Sócrates, expressing some optimism over chances of reaching accord on a successor to the Kyoto Protocol.

"The process is difficult, but there are reasons to believe that it is possible to improve our action."

Speaking alongside Mr Sócrates at the opening of the three-day forum on climate and development were European Commission Chief José Manuel Barroso, EU Development Commissioner Louis Michel and President Abdul Gayoom of the

Portugal joins EU immigration force

Portugal this week revealed that 50 SEF immigration officers will be joining the European Union's Rapid Border Intervention Teams (Rabits).

In total, six hundred inspectors will be joining Rabits from the 27

EU member states and will also be part of the Frontex border cooperation agreement among states.

According to the Minister of Home Affairs, Rui Pereira, these Rabits teams will not be replacing existing forces, but instead supple-

ment current border control forces.

According to the Frontex executive director Ilkka Laitinen "Rabits are a very good instrument for providing support for a limited period of time in exceptional and urgent situations."

Recently, Mr Laitinen however stressed that "Frontex activities are supplementary to those undertaken by the member states. Frontex doesn't have any monopoly on border protection and is not omnipotent."



The Minister of Home Affairs, Rui Pereira (C) with the director of Frontex, Ilkka Laitinen (L), greets the National director of SEF, Manuel Palos, before taking part in the first exercise using rapid intervention forces equipment at Francisco Sá Carneiro airport in Oporto on Tuesday. (Photo: Lusa / Estela Silva)

EC launches 2nd European Development Days with focus on climate change

The second edition of "European Development Days" opened on Wednesday in Lisbon with the impact of climate change on developing countries top of the agenda.

Around 1,000 decision-makers and stakeholders on development issues are currently attending the 3-day event in the Portuguese capital which ends this Friday.

This year's forum aims to focus on climate change issues and how to respond to the needs of already vulnerable countries hardest hit by the impacts of climate change. On Thursday, speakers and participants addressed the linkage between climate change, poverty and migration and examined how developing nations can best adapt.

President of the European Commission José Manuel Barroso said: "Climate change is the greatest challenge of our generation. Developed countries have a special responsibility to take the lead in cutting

emissions and pushing a comprehensive, global agreement on future climate action, in the UN framework. Last week in Lisbon, we launched the International Carbon Action Partnership, an initiative of pioneers from around the world to develop a global carbon market. Focusing the second edition of the European Development Days on climate change stresses this sense of global responsibility in tackling this issue. We are determined to help developing countries to face the impact of climate change on the environment and on human and social development."

European Commissioner for Development and humanitarian aid Louis Michel will be present throughout the three-day event in Lisbon. Commissioner Michel said: "Nobody does more for developing countries

than Europe. We are on track with scaling up development assistance, we are making it more effective together with the Member States and we strive to ensure other EU policies like trade and environment more coherent with development goals. All this effort could go to waste if we do not act on climate change. This is the biggest single challenge which we need to tackle together with our partners in developing countries."

In September, the European Commission proposed a Global Alliance specific to climate change. The aim is to encourage adaptation measures, reduce emissions from deforestation, take advantage of the global carbon market and help developing countries be better prepared for natural disasters.

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Soldiers of NATO's International Security Assistance Force salute during a ceremony at the military base in Herat, Afghanistan last Sunday. According to the interior ministry, Afghan police and soldiers from the US-led coalition killed at least 25 Taliban militants during an operation in the troubled province of Uruzgan. (Photo: EPA/Jalil Rezayee)

Lisbon to reduce its NATO contingent in Afghanistan



Portugal will cut back its forces in Afghanistan next August, reducing its current 162-strong contingent to a 15-man team of instructors and one Hercules C-130 aircraft.

In announcing the planned cut-back to parliament's defence commission last Wednesday, Defence Minister Nuno Severiano Teixeira said the move was dictated by "the evolution of the situation" and NATO's

changing needs in Afghanistan. Lisbon's reduced commitment will focus on aiding the NATO force with air transport and training the Afghan military, Mr Severiano Teixeira told the lawmakers. *TPN/Lusa*



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Portugal urges Istanbul-Baghdad dialogue



Portuguese Foreign Minister Luís Amado, speaking for the EU Presidency, expressed his confidence that the international Istanbul conference on Iraq will help defuse tensions along the border between Turkey and Baghdad's predominantly Kurdish north.

"I want to underline that the holding of this conference is in itself an important element in assessing the situation between Turkey and (Iraqi) Kurdistan", Mr Amado told reporters after the meeting in the Turkish capital.

"The declarations made and the commitments taken by Iraq and its neighbours lead me to think that the conference will have a positive effect", he added, referring to the crisis sparked by recent Kurdish separatist guerrilla attacks launched against Turkish forces from Iraqi sanctuaries.

The meeting, he said, "will contribute to the development of a long-term regional process for the building of confidence through dialogue and cooperation among Iraq's neighbours".

Mr Amado forecast that the visit to Washington Sunday by Turkish Prime Minister Recep Erdogan would help in finding "a more favourable political and diplomatic framework" to avoid a threatened retaliatory Turkish "invasion" of northern Iraq.

Earlier, in comments to Lusa, Mr Amado said he had told the conference that the European Union condemned Kurdish "terrorist violence" against Turkey, while urging "dialogue and cooperation" between Istanbul and Baghdad to find a peaceful solution for the problem.

Mr Amado represented the EU, along with External Relations Commissioner Benita Ferrero-Waldner, at the one-day conference that also drew UN Secretary-General Ban Ki-moon,

US Secretary of State Condoleezza Rice, regional foreign ministers, permanent members of the Security Council and representatives from the Arab League.

The Portuguese foreign minister told Lusa that in parallel meetings Saturday, he had reassured Turkey's senior leaders that Lisbon was "making an effort" to keep Istanbul's EU accession talks on track, from being "frozen".

"It would be a mistake to interrupt the process that should count on good faith from all sides", he said, adding that a "brusque interruption" would be "unacceptable".

Mr Amado said President Abdullah Gul, Prime Minister Erdogan and Foreign Minister Ali Babacan, had all indicated to him that Istanbul wanted to continue the accession negotiations, and was ready to move forward with required reforms.

Portuguese police arrest Algerian in Italian anti-terror operation

Portuguese police arrested a North African man this week as part of a multinational anti-terrorist operation launched by Italian authorities.

Police officials in the northern city of Oporto told a news conference the man, detained on suspicion of international terrorist activities, illegal immigration and smuggling had been arraigned.

The man was simply identified as being Algerian.

The authorities said the detention was part of an Italian anti-terror operation launched on Tuesday in Italy and other countries, including Portugal, France and Britain.

Earlier Tuesday, Internal Administration Minister

Rui Pereira confirmed one of some 20 suspects sought by Rome in the cross-border anti-terrorist sweep had been identified as being in Portugal.

The minister declined to elaborate further.

Italian television reported earlier that Portugal, along with France and Britain, was among several countries involved in the operation ordered by the Milan attorney general's office and targeting about 20 persons suspected of involvement in international terrorist activities. *TPN/Lusa*

Promotion of Portuguese language key priority over coming year



Portuguese Foreign Minister Luís Amado said Friday that measures to widen the use of the Portuguese language will be a key priority over the coming 12 months for the CPLP Lusophone bloc.

Speaking after a meeting of foreign ministers from the CPLP (Community of Portuguese Language Countries) in Lisbon, Mr Amado said his colleagues agreed on the need to channel more resources into various areas of the bloc's activities, including promotion of the Portuguese language.

The eight-state organization created the International Institute for the Portuguese Language (IILP) a number of years ago in Cape Verde. But the IILP remains partially operational due to under-

der-funding from the CPLP.

During their Lisbon meeting, CPLP diplomats were expected to approve the setting up of a parliamentary assembly for the bloc and also establish a system of diplomatic accreditation.

The CPLP, based in the Lapa diplomatic quarter of Lisbon, groups Portugal and Brazil with the five African Lusophone states and East Timor in Asia. Equatorial Guinea and Mauritius joined the bloc last year with observer status.

TPN/Lusa



The Minister of Culture Isabel Pires de Lima during the 6th Meeting of Culture Ministers from the Community of Portuguese Speaking Countries last weekend in Cidade da Praia, Cape Verde. (Photo: Lusa)

December Brussels leaders' meet to stay put



The traditional December EU leaders' summit in Brussels, marking the end of Portugal's EU presidency, will go ahead as scheduled in Europe's capital, despite the meeting starting on the same day as the signing of the bloc's new treaty in Lisbon, officials said.

A Belgian EU diplomat told Lusa that no request from Portugal or any other EU state has been made for the Brussels summit to be shifted to Lisbon.

Clara Borja, spokesperson for the Portuguese EU presidency, confirmed that Lisbon has not asked for the Dec. 13-14 Brussels meeting to take place in Lisbon. Such a decision would need unanimous approval from all 27 EU members, noted Borja.

But a Lisbon diplomatic source told Lusa that the Belgian government was "sounded out"

over the possibility of relocating next month's European Council to Lisbon, to allow EU leaders to sign the bloc's new treaty before their formal meeting.

Europe's heads of state and government will now travel to Lisbon to sign the treaty on the morning of Dec. 13, before travelling to Brussels for the first evening session of the two-day summit.

German Chancellor Angela Merkel had been the first EU leader to suggest moving the December summit from Brussels to

Lisbon, to prevent allegations of a travelling circus by environmental groups, concerned at the extra greenhouse gas emissions produced by EU leaders flying to Lisbon for a few hours and then across Europe again to the Belgian capital.

The EU's reform treaty, replacing the aborted European constitution rejected by French and Dutch voters two years ago, will be inked in Lisbon's historic Jerónimos Monastery and be known as the Lisbon Treaty.

TPN/Lusa

EU Parliament looks at more school sports as answer to child obesity

There are already 3 million obese children in Europe and this figure is rising by an estimated 400,000 a year. Bad diet and a lack of physical activity are believed to be the causes. They form a part of the 14 million overweight people in the EU. This condition can lead to osteoporosis and heart disease - which can develop early.

Next week MEPs will debate measures to tackle obesity. One option being considered is guidelines to ensure that children exercise at least 3 times a week at school.

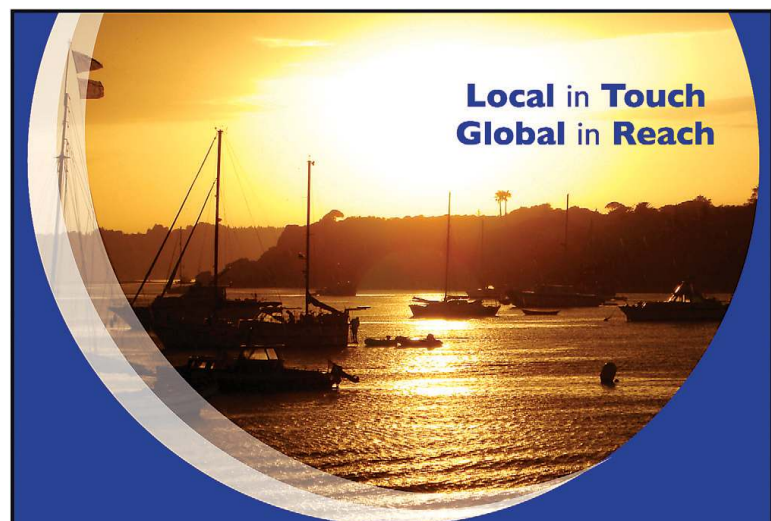
A report by Hungarian MEP and former Olympic Fencer Pál Schmitt (EPP-ED) forms the basis of the debate in Strasbourg on Monday 12 November. The report identifies a number of problems across the Union.

It says there is less time being available for sport, and that sport options at school are not diverse or interesting enough for young people.

A study commissioned by the Parliament's Culture and Education Committee said that "in some member states the lack of sporting facilities...and PE teachers

put physical education in a difficult situation". It concluded that "PE is often sacrificed to other academic subjects".

In an attempt to strike a balance between physical and academic education at school, the report suggests school timetables have at least 3 physical activity lessons per week; that physical education becomes compulsory in all primary and secondary schools; better linking of school sports and sports outside school, and action to include ethnic minorities and the disabled.



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President takes strong business delegation on visit to Chile



President Aníbal Cavaco Silva is taking 30 Portuguese business leaders with him to Chile, where he began a two-day official visit Wednesday ahead of the Iberian-American summit in Santiago.

A Belém Palace aide told Lusa that President Cavaco Silva, a former prime minister and economics professor, viewed Chile, Portugal's second largest business partner in Latin America after Brazil, as having "enormous potential" for Portuguese businesses.

"There are very strong opportunities for business and there's a need to increase the Portuguese presence in Chile", the presiden-

tial aide said.

While bilateral cultural exchange was a strong point of the Wednesday-Thursday visit, the President was scheduled to address the Latin American and Caribbean Economic Commission and speak at a breakfast meeting of Portuguese and Chilean business people in Santiago.

The Portuguese business delegation, according to officials, set up many bilateral meetings with

Chilean counterparts and will participate in the III Iberian-American Business Meeting which takes place on the sidelines of the Thursday-Saturday summit of 22 Iberian and Latin American leaders in the Chilean capital.

President Cavaco Silva, who departs Lisbon for Chile Tuesday, will be joined in Santiago for the summit by Prime Minister José Sócrates. *TPN/Lusa*



Portuguese President, Cavaco Silva (R), walks with Dalia Grybauskaitė, member of the EC in charge of Financial programming and budget, during the meeting at the Belém palace in Lisbon, on Monday. (Photo: Lusa / Inácio Rosa)

EU shows strong growth of productivity in 2006



The European Union in 2006 had its best economic performance since 2000 with a growth of the Gross Domestic Product (GDP) of 3%.

Productivity, measured by the increase of GDP per employee, grew strongly for the EU-27 with 1.5%, compared to an annual growth rate between 2000 and 2005 of 1.2%. Employment growth accelerated for the EU-27 by 1.6%, whilst the average annual rise for the period 2000 until 2005 was 0.5%.

The European Competitiveness Report of the European Commission, presented today in Brussels, marks as well that in 2006 productivity grew stronger in the EU than in the US (1.4%), of which the Commission hopes this will be the start of a long term trend. The growth rates show a widespread improvement, across countries and economic sectors.

Commission Vice-President Günter Verheugen, responsible for enterprise and industry policy, said: "These are very encouraging results, which tell us that the reforms under the revised Lisbon strategy for growth and jobs are starting to bear fruit. European industries have managed to maintain their positions on global markets, contrary to American and Japanese producers. Now the challenge is to push forward our reform agenda. I'm still concerned about the spending on research and development, particularly in the private sector. There is a clear need to step it up."

The Competitiveness Report was redesigned in 2006 to contribute to a solid analytical underpinning of the microeconomic pillar of the Lisbon strategy, dealing with policies fostering technological progress, the use of information and communication technologies (ICT), competition, product markets reform and infrastructures.

Overall, European industries - services and manufac-

turing sectors - hold to their positions on the global market better than their US or Japanese counterparts. Less positive has been their internal performance, with a rather low growth of value added, labour and total factor productivity in the period since 1995.

Job losses have been widespread in manufacturing. These are often associated with solid productivity growth, which has sustained the growth in value added of the sector. Sectors which witnessed a decline in both employment and in value added are the production of leather & footwear, clothing, textiles, nuclear fuel and tobacco, as well as the mining industry.

Conversely, apart from water transport (shipping), all the industries with the highest rates of value added growth - communication equipment, office machinery and computers - relate to ICT. Investment in ICT brings high returns in terms of productivity when accompanied by appropriate organisational changes and investment in skills.

The biggest productivity gap compared to the American industry can be found in the manufacturing of office machinery and computers, wholesale and retail trade, air transport, and the financial services.

Microeconomic reforms contribute most to productivity growth in the EU.

The report's focus is on productivity, which is the key driver of competitiveness and welfare in the long term. The main source of the gap between EU Member States and the US is total factor productivity, i.e. productivity growth generated by intangible factors such as technical progress or organisational innovation.

Therefore, it makes sense for the EU to prioritise the microeconomic reforms known to contribute most to productivity growth, such as: Increased investment in

R&D, in ICT, education and training;

Stimulating entrepreneurship by easing the start and growth of companies as well as enhancing the framework conditions for SMEs;

Reinforcing better regulation practices and cutting red tape.

Another major driver of economic efficiency is competition, either through trade openness, a reinforced Single Market or product market reform. For example, the removal of remaining Internal Market barriers would bring a 2.2% increase in the EU-25 GDP and the creation of 2.75 million additional jobs (equivalent to a 1.4% increase in total employment).

One of the major findings of the Competitiveness Report is that coordination at EU level when carrying out these reforms reinforces their effectiveness because of positive cross-border knowledge spill-over effects and synergies among complementary policies.

The European manufacturing industry will continue to be an engine of growth for the entire economy. Implementing the policies discussed above will further improve the outlook but much will also depend on the ability of European manufacturing firms to capitalise on the opportunities that global challenges, such as ageing and climate change, represent. Technologies that permit to operate within much stronger environmental constraints than today will offer lead market opportunities.

Growth of labour and total factor productivity is likely to stay a major concern of European policies in coming years, especially in the context of an ageing population. This underlines the crucial role of the Lisbon strategy and of its microeconomic pillar.

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Christian Bikers open new Chapters in Portugal and Spain



"The Navigator's" of Lisbon, the Portuguese charter chapter of the "Christian Motorcyclist's Association" on the Iberian Peninsula, founded in April of 2003, opened a second national chapter in the Algarve this past November 1st of 2007. They then travelled to Cádiz in Spain to strengthen the Spanish chapter they were instrumental in starting earlier this year. Now all three chapters have set as their goal, the planting of another two new chapters in Portugal and Spain in 2008, as the ministry of CMA continues to expand across the globe with over 119,600 members in 27 nations.

The programme was as full as it was exciting. Vibrant music by R.P.M., the band of "The Navigator's" in Lisbon, filled the hall of the Retreat Centre in Bias near Olhão in an inaugural ceremony that started at 15h30. The president of CMA Portugal then spoke to the colourful hall filled with both church and unchurched people, bikers and others who had never ridden a motorcycle, as well as members of other motorcycle clubs that had accepted the invitation to be part of the festivities. The climax of the afternoon was undoubtedly the presentation of the full-colour patches by the national leadership to the emerging Algarve leadership.

The members of "The King's Riders," the new chapter in the south of Portugal, have at the head of their budding chapter a female biker president, Ester Castelo. In all, seven members received their full-colour patches (the emblem worn on the back of biker's jackets), they were: a vice-president, road captain, secretary, treasurer and two members of the leadership board, as well as the president.

None of those in attendance budged from their seats before the very end of a very well-presented, image-driven program that culminated with another great song about bikers on a mission by the R.P.M.'s. In the evening all of the members of both leadership teams sat down to a training session and a meal at the retreat cen-

tre before calling it a night.

In the morning they mounted their "steeds of steel" for the 350km ride to Puerta de Santa Maria where they met with "Águilas de Cristo," the only chapter of CMA in Spain, started in April of 2007 with much help from CMA Portugal. Sessions of training, vision-casting, visits to local churches, and developing of relational bonds were enjoyed as the bikers rode to different towns in the local region. A couple of visiting Christian bikers from Alicante, some 900km from Puerta de Santa Maria, expressed their desire to open a second Spanish chapter of CMA in their home city. With great hope, faith, and a passion for missions to the world of bikers, they all set as their priority the founding of two new chapters: one in Alicante in Spain, and another in Oporto the largest northern city in Portugal during the year of 2008.

The starting of new chapters is not so easy because very high standards have been set for these CMA bikers on the Iberian Peninsula. New members have to qualify by successfully completing the requirements of a five-stage process that requires a minimum time period of six months. The founding-president of CMA Portugal, Eddie Fernandes, explains: "We are a Christian biker movement and as such we want to ensure that those who wear our colours are fully committed followers of Jesus Christ. We not only reflect the

work of our CMA family in the world, we also represent the Kingdom of God on earth. As such we cannot afford to have members who do a disservice to either God or CMA. In fact, other biker clubs expect us to be different and look up to us as people of character, spirituality, and faith on whom they can rely in moments of trouble or when they are in need. We are always available when they need us and they will only come to us if they believe we have something to offer. I believe we have the best thing in the world to offer anyone: a new life with Jesus Christ!"

Although only in existence for four years the members of CMA Portugal have captured national attention repeatedly with several of their bold and visionary projects. They were responsible for publishing 10,000 copies of the Biker Bible in the Portuguese language. Annually they distribute presents to children in hospitals, orphanages and SOS villages having giving out gifts to over 900 children to date. In August of 2006 they rode from Lisbon to Moscow (crossing 14 countries and covering 12,800km) to present 20,000 Biker Bibles in the Russian language to bikers in Red Square while simultaneously raising over 16,000 Euros for Charity. They started a Biker Church to minister to all bikers searching for spirituality and God, and they are already a habitual presence at rallies where they set up stalls to offer prayer, counselling and help to all who are in need.



António Rosado (president CMA Spain), with Eddie Fernandes (president CMA Portugal), and Ester Castelo (president CMA Algarve)

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The leadership of The Navigator's presenting the full-colour back-patches to the leadership of The King's Riders

Telling the truth about oil

If a diplomat is "an honest man sent abroad to lie for the good of his country" (Sir Henry Wotton, 1612), then oil industry executives used to be the business world's equivalent of diplomats. The big international companies were chronically optimistic about the extent of their reserves, and state-controlled oil companies were even more prone to exaggeration. But now we have the spectacle of oil companies telling the truth about oil supplies — or at least more of the truth than usual.



Qatari Businessmen Association (OBA) chairman, Sheikh Faisal bin Qassim al Thani (L) presents visiting Belgian Crown Prince Philippe (R) with a traditional souvenir during their meeting at the Doha Sheraton, Qatar, 06 November. Prince Philippe heads a delegation of 100 businessmen representing Belgian companies working in the oil, gas and construction fields. (PHOTO: LUSA/EPA/Noushad Thekkayil)

The occasion was last week's Oil and Money conference in London, and the most spectacular truth-teller was Christophe de Margerie, CEO of the French oil company Total, one of the international "big five." Last year his predecessor, Thierry Desmarest, caused a flutter in the industry by predicting that world oil output would peak around 2020. This year, de Margerie said that "100 million barrels (per day)...is now in my view an optimistic case."

He was referring to the International Energy Agency's estimate that world oil output would reach 116 million barrels/day by 2030, and the slightly more optimistic US government prediction that it will reach 118 million b/d by that date. Even these acts of faith are really a forecast of crisis, since calculations based on current trends (like a 15 percent annual growth in Chinese demand) suggest that 140 million b/d will be needed by 2030.

The implication of De Margerie's remarks is that the crisis is coming a lot sooner than that. World oil output is nearing 90 million b/d now, but it is never going to reach 100 million b/d. "Peak oil" may be just a few years away, or it may be right now. (You will never know until after the fact, since it is the point at which global oil production goes into gradual but irreversible decline.)

Peak oil was first forecast by an American petroleum geologist, M. King Hubbert, who noticed that the curves for oil discoveries and oil production were a very close match, but with a lag of thirty to forty years between the discovery curve and the production curve. At that point, in 1956, Hubbert was the director of research for Shell Oil, and the focus of his research was American oil production, then still the biggest in the world.

At that time, American oil output was still rising rapidly, but Hubbert noticed that the shape of the output curve closely fitted the curve plotting the growth of American oil reserves during the years of the great discoveries in Texas, Oklahoma and California. However, there had been no other huge discoveries since, so the annual amount added to American oil reserves had peaked and begun to decline in the late 1930s.

Hubbert simply assumed that the production curve would continue to match the discovery curve with a three- or four-decade lag, in which case, he predicted, US oil production would peak and start to decline in 1970. That is exactly what it did, and American oil production is now down to about half of output in that peak year. So "Hubbert's Curve" became famous in the industry, and was duly applied to global discovery and production rates as well.

Oil discoveries worldwide peaked in the 1960s, so Hubbert's own forecast was that peak oil production worldwide would arrive in the 1990s. The discovery of two giant new oil-fields in the 1970s (probably the last two) in the North Sea and the Alaskan North Slope pushed that date down a bit, however, and one of Hubbert's successors as chief of research at Shell, Colin J. Campbell, subsequently calculated that peak production globally would not arrive until 2007. Now, in other words.

It is still deeply unpopular in the oil industry to talk about peak oil, but essentially what de Margerie was saying, albeit in a cautious and coded way, is that it is here or nearly here. The same sort of talk is coming from Rex Tillerson, chairman of ExxonMobil, who told the Financial Times earlier this year that he believed oil production from sources outside the Organisation of Petroleum Exporting Countries could see "a little more growth" but would soon level off. And OPEC is generally assumed to be pumping very close to maximum capacity.

The International Energy Agency predicts that demand for oil will rise by 2 percent annually up to 2012, which means that total demand by then will reach around 100 million b/d. De Margerie, Tillerson and other insiders are suggesting that supply will not, which will have a profound impact on the price not just of oil but of practically everything else.

The recent surge in the oil price, which may see it reach \$100 a barrel in the near future, is largely a mirage caused by the collapse in the value of the US dollar. (The price of oil is generally quoted in US dollars, but the cost of a barrel of oil in euros or yen has risen far less dramatically this year.) But the longer term trend, which saw the price rise fivefold between 1999 and 2005, was driven by the tightening supply situation as demand raced ahead while production did not.

It will get a lot worse if de Margerie is right, and he almost certainly is.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.



Gwynne Dyer.

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Body removed from rocks after four-day rescue mission



A body that was spotted by a deep-sea diver, wedged amongst the rocks that make up the Cabo Raso coastline, Guincho (Cascais), on Saturday, was eventually removed Tuesday morning after elaborate four-day efforts from the Maritime Police and local Cascais firemen.

impossible and all attempts were postponed until the following morning.

However, the next 48 hours of rescue efforts were to prove equally frustrating and perilous for rescuers, particularly for divers. The body was finally successfully hoisted

from the crevice on Tuesday morning.

Reportedly, due to its dramatic state of decomposition, examiners believe the body has been at sea for over a month. Locals have suggested it is the body of a person that a group of surfers tried to rescue a

month or so ago, though failed to do so and also failed to report the body to authorities.

Authorities have confirmed that over the past four months no disappearances or sightings of people falling into the sea have been reported in the Guincho area.

Democrats Abroad hold strategy session in Cascais

Democrats Abroad Portugal met at the home of Milchen Vasconcelos in Cascais on November 3. Officers present were Chair Gilbert Wells, Co-Chair Milchen Vasconcelos, Secretary M. Justina Wells and Treasurer Abe Malouf.

The strategy session had as its focus Voter Registration for the USA upcoming primary elections and the general election to be held on November 4, 2008. A number of the members attending the meeting had participated in the Voting Workshop held on November 2 in the US Embassy, and were prepared with the latest information needed for voting from overseas. The website for obtaining information and forms

is: www.fvap.gov

At the Voting Workshop the participants were informed that there are approximately 15,000 American Citizens residing in Portugal including Portuguese-Americans. The kick-off date for registering voters will be at the Thanksgiving Dinner hosted by Americans in Portugal, at the Cultural Centre in Cascais on Thursday, November 22. There will also be voter registration at the holiday fairs. Following the meeting Democrats Abroad held a potluck luncheon and concluded energized and active for the upcoming US Presidential election. For further information about Democrats Abroad, e-mail chairpt@democratsabroad.org.

It is thought that the corpse's advanced state of decomposition was a main cause of complications, along with tidal changes and the fact it was wedged in a hole.

After being successfully removed, the body was handed over to Lisbon's Institute of Legal medicine to be autopsied and identified. Previously its fargone state of disintegration meant it was impossible to even determine whether the body was male or female. Sources from the Cascais firebrigade told how the body's legs – the one part of the body that was visible – were footless and only the femur bone could be distinguished.

Fishermen told how a local diver spotted the body at around 15h30 on Saturday afternoon.

Cascais' firebrigade was summoned towards the end of afternoon and despite their best attempts, a rising tide, violent waves and fast-fading light meant removing the body was

Security-guard shot in supermarket robbery



A security guard working for a private valuables transportation company was shot in the foot earlier this week as he was refilling a cash dispenser, by an unmasked individual in the inside of the Vale Fetal Intermarché supermarket, Charneca de Caparica, Almada.

According to the guard's descriptions, his attacker was in his 40s or 50s and acted unmasked. He was shot in the foot after refusing to hand over sacks of money being used to refill an ATM machine inside the Intermarché store, situated some 500 metres away from a GNR police station.

The supermarket has a video-

surveillance system on which the incident was caught, and the tapes have been handed over to the police.

Police sources have said that, judging by the way he carried out his frustrated hold-up, the assailant showed "very little experience in the matter", having acted undisguised and at 15h00 in the afternoon, when the supermarket

was at it busiest.

It is still unclear whether the suspect acted alone or with accomplices.

Onlookers were reportedly shocked by the ease and aggressiveness with which the assailant carried out his attack, and is said to have shown "no qualms" in shooting the guard, who was treated in the Hospital Garcia de Orta.



On Saturday October 27, the SOS Children's Village in Bicesse celebrated its 40th anniversary. I sat in the full-to-capacity social hall and looked around at the 62 children who now live in the Village accompanied by the 8 Social Mothers, who have given up their lives to raise these children whom the courts have taken from their parents, for reasons we can and can't imagine. Even though I have been a Godmother to 6 children for 9 years, I still shrink from knowing the full details about their backgrounds. But I know they must, in some way, be scarred. I see it in their intermittent tears, their sometimes dull eyes, and on their birthdays when I imagine they wonder if their birth mother or father remembers them. But I also see tremendous joy, sense of community in their house and the Village, and a sense of safety in a world that must be more secure than the one they were taken from.

During the ceremony I was

also impressed by the words from Peter Voelker, the SOS Village Deputy Secretary General for Europe, North America and Australia. "The real heroes are the mothers," he said. At that moment I looked for Amélia, the Social Mother (as opposed to biological mother) to my God children, the one who has raised them since their first day in the Village. A petite woman, with mid-length brown hair and smooth, olive skin, she sat next to two of the children and had her characteristic serene look. Suddenly I realized that I'd spent years getting to know the children, but didn't know much at all about her background.

When I asked if I could interview her, Amélia, with typical modesty, said, "Why me, Patricia? I'm not interesting." But the children in her house, whom she has raised since some were infants, others age 6 (the oldest now 22), shook their heads "Yes, Patricia. Go ahead." At that moment I pulled up a chair for Amélia and the children gathered around her in their chairs as well. The interview began in silence. Amélia looked at me, and I was momentarily afraid she might get up and leave. So I turned to the children, one at a time and asked, "What do you like most about Amélia? Silvia, now 15, piped up: "I love her cooking, especially Bacalhau à Gomes de Sá." The others nodded in

agreement. Then Luís, who came to the Village in infancy and sits next to Amélia at every meal and during TV time said, "Everything! I like everything about her." Amélia couldn't hide her smile. Joana, Luís's older sister (The Village is unique in that it keeps biological siblings together), with obvious pride in her brown eyes said, "She's the most fashionable mother in the Village." Joana, now 22, who came at 7 with her younger brother Chico who attends hotel management school, said, "She has a great spirit of sacrifice for us. She's patient and even does for us when she's very tired." Amélia listened as the children spoke. I wondered if she had ever heard these compliments before. By the look of modesty, tinged with contentment and a somewhat subdued smile, I surmised that maybe she hadn't.

Then came Amélia's turn. The children listened intently as she spoke about her family, why she came to the Village and how she feels about her work. Amélia Reis was born in Guarda 65 years ago into a family of 8. All others are married (two are now deceased) but Amélia took another path. "My life's goal has always been to be of service to others," she said as she related the anecdote about when the two founders of the Bicesse Village, Maria do Céu Mendes Correia and Palmira Cabrita Matias went to the social work school where Amélia was studying at the age of 18. There they spoke about the Village, which at that time had not even opened. But at that moment their plans and Amélia's life ambition merged. First she worked in other social service agencies and then in 1979, the two women contacted her. Two years later, in 1981, she came to the village and has lived and worked there as a Social Mother ever since.

Now, twenty-six years later, Amélia has raised two sets of children. The first group con-

Westheimer

sisted of 9 children from ages 14 months to eight years. "They lived three to a room," she explains, "Gradually the oldest left and then a new family came." Reluctant to take credit for all of the hard work and sacrifice, she says, "The oldest ones help..." then adds, "...but I run the house." And that she does. The house is spotless, organized, meals are prepared and served punctually and manners insisted upon. Amélia also helps with the homework, takes the children to the dentist or doctor if they need to go as well as cleans, cooks, shops and cares for all details in the home. When asked her biggest challenge, Amélia whom the children, from the beginning, call Mãe, says, "My challenge is to give each child what each one needs according to my ability." And her ultimate goal? "I love to see that the children become of value in society." Her track record is admirable: Amélia's children have gone on to technical and professional schools, to work, to attend university and to raise healthy families of their own.

The touchy question of retirement then surfaces. Amélia confesses that after the second group has left the Village she will retire. The children sitting beside her nod as though they too understand that such a life of service must have its limits. What will she miss? "The warmth of each child. Even with the suffering, troubles and the hard work, I love them all. I never thought of giving up the work, never. It was my calling." And is she content with her life's work? "Yes, yes, if I could choose again, I'd choose the same."

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New Steiner Waldorf primary school for the Algarve



The soon to be opened Steiner Waldorf primary school.

for the Algarve



Parents interested in Steiner Waldorf education are invited to a presentation at the Infância Viva Steiner Kindergarten near Lagos, on November 17th (from 3 to 5 pm).

The organisers will give details of the opening in September next year of a new Steiner Waldorf Primary School, based in the National Forest behind Barão S João, 8 km from Lagos.

The school, whose first year's intake is for children aged six to

eight, is a natural development of the kindergarten founded 15 years ago by teacher Eva Herra. The Infância Viva kindergarten currently has 42 pupils and is based in a former State primary school at Monte Judeu, Lagos.

"As the children have grown, the need for a primary school is vital," said Rosalind Hodges, a mother and member on the Parents' Association behind the new school. "We already have a qualified Steiner Waldorf teacher, and the purpose-built premises are in beautiful, natural surroundings in the forest. Classes will be in Portuguese, with English and German taught as second languages. The kindergarten currently has a broad mix of nationalities and we expect the school will be similar.

"We warmly welcome anyone interested in Steiner Waldorf education to our meeting, and especially parents whose children would be eligible next September. We will outline the project, explain the curriculum and show how it differs from State models, and include examples of children's work," said Rosalind.

The kindergarten will offer childcare, and refreshments will be provided. Anyone interested in receiving the prospectus by email can request a copy from: ianhodes1@hotmail.com.

The first Steiner Waldorf school was founded in Germany in 1919, based on the ideas of the philosopher Rudolf Steiner (1865-1925). Today there are over 500 schools in 40 countries worldwide, and the number is growing. The curriculum is child-centred and encourages creative work and thinking.

"It's an approach which makes learning enjoyable and effective for children," explained Rosalind. "It creates a desire for learning for the rest of their lives."

The afternoon presentation will be at the Infância Viva building on the 535-1 road between Portelas and Barão S. João. The kindergarten is on the north side of the road at Monte Judeu. The gate will be decorated on the day to distinguish it. Children are welcome. For further information call Rosalind on: 968 960160.

Biker dies on EN125

Thirty-five-year old civil construction worker Jorge Duarte was killed on Sunday after a tragic incident on the EN125, near Pêra, when he ran into the back of a turning car whilst travelling on his high-speed Kawasaki Ninja motorbike.

Enraged over the incident the ill-fated biker's brother, Paulo Duarte, has voiced his opinion that on that particular stretch of road, just after Pêra, the dividing line "should be solid white and not an interrupted white line" as at present, allowing vehicles to turn into establishments on the opposite side of the road, "especially as there are two lanes in one direction, one for overtaking, and a single lane in the other direction".

Police have said that Jorge Duarte clipped the rear wing of an oncoming vehicle as it prepared to turn into a carstand on the opposite side. He was on his way back from visiting his sister, who was working at the Guia Algarve Shopping Centre.

Originally from Oliveira de Azeméis, Jorge had lived in the Algarve, in Alcantarilha, for two years. His brother described him as an experienced biker, who had owned the Kawasaki for six months.

Both police and the brother have suggested a setting sun and excessive speed could have contributed to the collision.

Emergency medical teams were called to the scene and tried to revive Mr Duarte, but without success. The 66-year-old driver of the other vehicle escaped the incident without injury.

Notorious for being 'the deadliest road in Europe', 19 people have lost their lives on the EN125 this year alone.

There are reportedly 12 'black spots', the most hazardous points of the region-long road, and it is responsible for one third of lives lost on all of the Algarve's roads.

Lagos leads the GM-free revolution



Lagos was recently officially confirmed as the country's only region to be completely free of Genetically Modified (GM) corn cultivation, and is the European Union's first country to be declared a GM free zone, and, according to official sources, there are no more requests for official European recognition from anywhere else in Portugal.

Lagos' Genetically Modified -free Produce title was petitioned for by the City Hall along with a number of local farming organizations, and finally awarded after a long process by the Region Board for Farming and Fisheries.

The Ministry of Agriculture has recognised the title as "an important step in politics for a government that is against Genetically Modified Produce".

Genetically Modified corn is cultivated extensively in Portugal, mainly in the Alentejo, Ribatejo, Baixo Mondego (to Aveiro) and Minho Litoral. It is, reportedly, regulated by law and can be grown alongside traditional corn, as long as certain rules, adopted by law, are respected.

For example, genetically modified and traditionally

grown corn must be separated by 200-metres, but can be planted together if they ripen at different times.

Left-wing Euro-MP Miguel Portas, who is openly against GMPs, has considered Lagos's affirmation "very positive", demonstrating that the region "did its homework and saw the procedure through till the end", in what is a very complicated process.

There are currently 4,200 hectares of genetically modified corn being grown in Portugal, representing four to five per cent of the country's total corn production.

This year alone it is expected that more than 50,000 tonnes of genetically modified corn will be produced, though, in Portugal, most GMPs are grown for cattle-feed.

Portuguese cinema festival to open in Lagoa

Some of Portugal's most recent national cinema productions will be on show at the Lagoa auditorium, from November 22nd till December 13th, brought to the city via a cultural agreement between the local City Hall and FICA, the Algarve International Cinema Festival.

Every Thursday during the afore-mentioned four weeks movie-lovers will be able to make their way to the auditorium to see some of the country's latest movie efforts, mingle with actors and speak to the directors.

On November 22nd the film 'Teles Dot.com', by director Luís Galvão and with performances by critically acclaimed actors Margarida Carpinheiro and Marco Delgado will be

shown.

Director Jorge Queiroga's 'Atrás das Nuvens', featuring well-known actors Nicolau Bryner, Ruben Silva and Sofia Grilo will follow on November 29th, then renowned director Manoel de Oliveira's latest production 'Belle Toujours' - a competitor for 'Best Portuguese Film' in the upcoming Oscars - airs on December 6th.

Closing the month of movies is 'O Mistério da Estrela da Sintra', director Jorge Paixão da Costa's latest masterpiece, featuring actors Nicolau Bryner, Rogério Samora, António Pedro Cerdeira, Ivo Canelas and Bruna di Túlio, which is also currently competing in a number of international film festivals, including the Canadian and Brazilian festivals.

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Hospital chiefs accused of 'staging' resignations

Elected members of the regional PS Socialist Party have accused the 19 heads of department at Faro district hospital (HDF) of 'staging' their resignations after they collectively resigned last Friday.

Aldemira Pinto, spokesperson for the PS members or parliament, who met with Faro Hospital directors earlier this week for a two-hour emergency meeting, have accused the doctors of 'political motivation', and guarantee that the resignations will not be seen through.

The resignations came after the doctors alleged last week that that hospital's emergency unit was in a worse state than ever, with some patients waiting up to six or seven hours to be seen.

MP Pinto responded by questioning the doctors' timing, the resignations being handed in during the elections for the head of the National Board of Doctors, saying, "When the situation in Faro is no worse now than it was a year ago".

"The administration of the HDF have been working intensely to resolve the problems experienced in the emergency department", she said, adding, "the doctors are not helping to solve the problem", which she claims, "is not a new one".

Reportedly, at the root of the

problem is the establishment's burgeoning waiting lists, overstretched staff, and alleged risks of high infection, and lack of dignity for patients.

There are also claims of botched budgeting after the Government was accused of not allowing sufficient financing in its 2008 budget for the future regional 'Central Hospital'.

These accusations were refuted by the MP, who retorted, "It only goes to show the ignorance of whoever made them", explaining that the new hospital's financing has been discussed and will be mapped out in 2009.

She also guaranteed that the new Hospital Central do Algarve will be consigned and construction works would commence, in 2009, "as promised".

Pedro Nunes, current leader of the National Board of Doctors, has accused Faro hospital of operating illegally for the past year, by not having a head surgeon during night shifts.

He considered the government's lack of investment in the HDF as "a great sadness".

Minister for Health Correia de Campos has refused to comment on the current crisis at the HDF, an attitude that reportedly did not surprise the heads of AMAL – the Algarve Association of Municipalities.



Patients in the emergency room corridor at Faro Hospital. (Photo: Luís Forra / Lusa)

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Ski slope for downtown Faro

As part of this year's Christmas and New Year celebrations, a giant ski slope complete with artificial snow is to be erected in downtown Faro, in the city's Praça da Pontinha.

Building works will commence in the middle of this month, with the structure's inauguration taking place on November 24th, and will remain open until January 6th, Portugal's 'Day of Kings'.

Faro City Hall councillor João Marques described the slope as being "a unique structure in the south of Portugal", and represents an investment of €70,000, fully financed by the City Hall. Part of the proceeds will be donated to charity.

"It will have a 60-metre slope, 40 metres of which are of inclined and 20 metres for de-acceleration. It is 10 metres

wide and eight metres high", he said.

Both ski and snowboard enthusiasts can use the slope, and there will be large rubber rings to sit and slide down on for those who are not so confident on two feet!

As the slope is in Faro, the City Hall has voiced its intention to host a snowboard competition, though nothing as yet has been confirmed.

To entice city-goers into the swing of festive cheer, a red carpet will be rolled out throughout the city streets, lights and decorations will add to the atmosphere, along with music and mini merry-go-rounds for children.

New Year's Eve in Faro promises to be equally as entertaining, with a number of leading national acts lined up to see in 2008.

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State of the art radar for Ferragudo

A new radar that is part of a nationwide Vessel Traffic System (VTS) is currently being built in Ferragudo, a significant piece of equipment, which, in conjunction with other identical apparatuses that have already been com-

pleted, located in Faro (Praia do Faro) and Lagoa (Ponta do Al-tar), will create a radar network to control maritime traffic along and throughout the Algarve coastline.

Despite its outer structure al-

ready being complete, the tower is still awaiting technological equipment to become fully-functional.

Four more VTS radars are planned for the region, three of which are confirmed for Monte Figo (Faro), Monte do Vale (Vila do Bispo) and Fôia (Monchique).

The system should be totally complete and operational by next year, when it will monitor the entire Algarve coastline, which measures 50 nautical miles, or 92 kilometers.

According to information from the Minister of Public Works, Transport and Communications, the system will not only allow better management of maritime traffic and navigational safety; it will "contribute towards improving sea search and rescue operations, as it will allow the earliest possible detection of any accident".

On a national scale, the VTS comprises a coastal subsystem (I the Algarve), and five other individual subsystems located in ports around the country - in Portimão, Faro, Figueira da Foz, Viana do Castelo and Aveiro.

All of the national subsys-

tems, with the exception of Aveiro, are monitored by two main Traffic Control Centres, in Paço d'Arcos (Oerias, Lisbon) and Ferragudo (Algarve).

Any operation or intervention can be divided by the two main centrals or assigned to one alone. Representing a one billion euro investment, the VTS system is partially financed by communitarian funds.

Government estimates have predicted the VTS system will reduce vessel-accidents by 66 percent, claiming it will save lives, control pollution and increase by five per cent the number of drug busts.

Authorities also believe it will ensure sailors respect newly-stipulated corridors of maritime traffic separation, a good example being that of Sagres' Cape Saint Vincent, which navigators are now obliged to sail round at a distance of 14 miles from the coast, and not five miles, as previously.

Also included within the VTS system is an Automatic Identification System (AIS), which automatically detects and identifies ships along the Portuguese coast, allowing an ever better control of maritime movement.



A new radar that is part of a nationwide Vessel Traffic System (VTS) is currently being built in Ferragudo.

Algarve's fighting future

Florin Vintila came to the Algarve aged 18. In the short space of 11 years he has become a European Champion fighter, Trainer and Manager of National and European Champions and now Promoter of top class fight-nights in the Algarve. In July the Albufeira bullring hosted the best international fight-night ever organised in Portugal, putting the final pieces in place for Florin's plans to bring bigger and bigger events to the Algarve.

Born in Romania, Florin went to Germany aged 16 then came to the Algarve a couple of years later in the mid 90's. His career as a fighter soon took shape and he rapidly climbed to national champion, and stayed there. He then fought his way through Europe to become European Champion in several divisions, one title he has held for 4 years. Now he's the most successful profes-

sional fighter in Portugal. Not only is Florin a pro fighter, he trains and manages other fighters, as well as setting up top class fight nights. Florin set up Dynamite, a fight promotion company and is now working on his 7th event - Dynamite 7. Still only aged 29, successful fighter, trainer, manager and promoter, and soon to be father for the first time, Florin's future looks very bright on all levels.

Florin's fight statistics boast an impressive 60 professional fights in Boxing, Muay Thai, Kickboxing & MMA (Mixed Martial Arts), but his main focus has been on Thai boxing, with 43 wins, 17 by KO - his last fight was against a very hard German fighter which he won by KO in the first round. He's also a 2 time European Champion in Muay Thai, International Vale Tudo (MMA) champion of Portugal and 2006 GP Tourna-

ment Champion.

Success has brought more success as he has fought his way to the top. Each year only the top European Thaiboxers get invited to compete in the TV series "It's Showtime Trophy", an elimination competition and reality TV fight show with the winner taking away \$100,000. In June, Florin won all his fights in the first round in Holland, making it to the finals in Thailand in September, but contractual obligations means he can't tell us the results. Florin smiled and said, "Watch it on EuroSport in December! The training regime was amazing and the fights spectacular."

October was another busy month for Florin as he prepared for his next big fight on the international fight scene - Klash III in Romania. Florin explains, "Klash is the biggest Thaiboxing division in Europe. Their last event was part of my fight-card on the big fight-night in the Albufeira bullring, Dynamite 6. Klash

fight-nights are shown all over Europe on EuroSport, Prima TV and other national channels, so my sponsors get a lot of TV coverage."

Coming off yet another impressive international success, Florin told us what's next on his busy agenda - this time not as a pro fighter, but now as Fight Promoter. "Dynamite 7 is my next big fight-night, held in the Hotel Paraiso in Albufeira on Sunday 9th Dec. I've almost finalised the fight-card but can tell you we have some great international fighters already signed up. There'll be K1 fights, Muay Thai kickboxing and an MMA fight. With the massive growth of MMA all over the world, I'm now building a cage and will be organising some big MMA fight-nights for 2008. One thing is for sure - the Algarve will be hosting many big televised fight-nights in 2008! You might even see me fight in the UFC!"

For more information, the official Dynamite web site - www.DynamitePortugal.com - has all the news and updates.



Florin Vintila

su | do | ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else.

You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

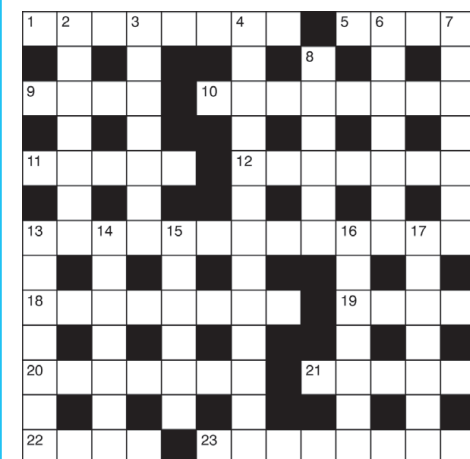
9	5						6	8
		8				9		
		1	6		8	5		
	9		2		5		4	
				4				
	8		9		7		2	
		5	3		1	2		
		2				6		
6	1						7	4

Last weeks solution:

5	3	4	9	1	8	2	6	7
7	8	9	2	3	6	4	1	5
6	2	1	7	5	4	3	8	9
9	1	3	4	7	5	8	2	6
2	4	7	8	6	1	9	5	3
8	5	6	3	9	2	1	7	4
3	7	5	1	8	9	6	4	2
4	6	8	5	2	3	7	9	1
1	9	2	6	4	7	5	3	8

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

The Portugal News Crossword No. 166



QUICK CLUES ACROSS

- Opposite (8)
- Dapple (4)
- Slay (4)
- Hungry and greedy (8)
- Opponent (5)
- To the letter (7)
- Without help (13)
- Filter (8)
- Pack (4)
- Stinging (7)
- Streamlet (5)
- Act (4)
- Explosive (8)

DOWN

- View (7)
- Cultivation (7)
- Gloriously (13)
- Clown (7)
- Completely (7)
- Squirm (6)
- Tasteless (7)
- Upset (7)
- Elementary text book (6)
- Quack remedy (7)
- Sentinel (7)

QUICK SOLUTIONS

Across: 7 Dearth; 8 Marvel; 10 Arraign; 11 Taint; 12 Chef; 13 Allow; 17 Cloud; 18 Teem; 22 Unity; 23 Habitat; 24 League; 25 Advise. Down: 1 Advance; 2 Barrier; 3 Strip; 4 Faction; 5 Avoid; 6 Sloth; 9 Onslaught; 14 Playful; 15 Pertain; 16 Smother; 19 Sully; 20 Vital; 21 Abode.

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Stones Original
Green Ginger
Wine
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Cakes
Heinz Salad
Cream
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Website: www.thomasgreen.pt

Easy To See, Easy To Find!
Come into Lagos on the EN125 (from Portimao) past MacDonalds, take second exit off the Boat roundabout. We are on the right opposite the Tourist Office.

Dreaming of a green Christmas

Festive eating, drinking and goodwill are all key ingredients for a brilliant Christmas celebration - but unfortunately they also equate to approximately three million tonnes of waste across the UK

every year. And, although Portugal is much smaller, we could all learn how to cut back during the festive season.

In fact, it is thought that one billion Christmas cards, 750 million bottles and glass containers, 500 million drinks cans and seven and a half million Christmas trees are used over the holiday period.

And as if that wasn't enough, it is also estimated that as much as 83sqkm of wrapping paper will end up in UK rubbish bins - enough to cover an area larger than Guernsey or Brighton! "The festive season is always about excess but it is perfectly possible to have a great time and to give meaningful presents that won't cost the earth," explains Penney Poyzer, eco-expert and presenter of BBC Two's No Waste Like Home. "A wasteful Christmas just isn't necessary at all." Festivities can pile on the pounds in your rubbish bin, but by following these recycling tips you can help keep your rubbish slimline.

Food & Drink

According to Recycle Now, the national recycling campaign for England, around 125,000 tonnes of plastic packaging are thrown away over Christmas - which is the equivalent weight of more than 50,000 polar bears!

"It's amazing how much rubbish we generate over the holidays, but it is even more amazing when you see how much of it we can recycle - a massive 75% of our household waste could be reused," says Recycle Now spokeswoman Julie Brown.

"The most important step you can take is to identify what your local council will take from your doorstep, or where your nearest curbside recycling point is. To find out, visit www.recyclenow.com," she says.

Saying no to unwanted carrier bags will also help. Brown recommends keeping a 'bag for life' for use every time you visit the shops.

When stocking up your Christmas larder, Poyzer believes that buying local produce can make a real difference to the environment.

"Your Christmas lunch could have travelled over 26,000 miles to reach your plate. That's a lot of air miles and tonnes of carbon diox-

ide," she explains.

"If you want home-grown organic ingredients for meals, local farm shops, markets or box schemes are all better sources than supermarkets, and for veggie boxes try The Soil Association." See their website - www.soilassociation.org - for more information.

"Also buy drinks in large containers, rather than lots of small ones. One large bottle means far less waste and it is more economical. Buy loose vegetables as this will cut down the amount of surplus packaging, and why not start a compost heap," she suggests.

Recycle Now estimates 15,000 tonnes of sprouts will be bought in the UK this Christmas - that's a huge amount of compost!

Presents

"Each year more than 680 million batteries are bought in the UK, but just 5% of those are rechargeable, so where possible, try to avoid presents that rely on disposable parts," Poyzer says.

"Also, pass any unwanted gifts to the nearest charity shop, local hospital, play centre or school.

"And for people who have everything, buy a gift on their behalf for someone who hasn't," she suggests. Great Gifts provide a huge range of ideas, and for just €8 you can purchase a life-saving mosquito net. For those looking for something more unusual, a herd of goats can be bought! Visit www.greatgifts.org for more details.

When buying presents it's also a good idea to look out for recycled products such as bags, tableware and cushions, according to Poyzer.

Try The Recycled Products Guide, the first ever list of products made from recycled materials, with over 1,000 fashionable and eco-friendly products. Visit www.recycledproducts.org.uk for the full directory.

Treating friends and family to an experience present such as a day at a spa or flying lessons always goes down well, as it's both personal and fun.

Christmas cards & wrapping paper

"Send electronic or recycled Christmas cards, choose decora-

tions and wrappings that can be reused, make gift tags from old Christmas cards or use wool, string or ribbon to tie presents up," advises Poyzer.

"Get your children to make their own ornaments out of things you already have around the house, or from materials they might find on a nature walk, such as twigs, bark and pine cones," she adds.

Trees

"Artificial trees are difficult to recycle, so buy a real tree with roots and plant it in the garden, ready for next year," Poyzer advises.

"Or as another inexpensive option, get some twigs, dress it with tinsel and baubles and then when you've finished put it in the compost."

"It's amazing when you find out what happens to your recycled waste," agrees Brown.

"One recycled newspaper will become another newspaper in seven days, anything steel or aluminium could be made into cutlery and plastic bottles are used in fleece jackets," she adds.

Poyzer sums up: "If everyone made just a few changes, the difference could be remarkable. We really need to think about giving the planet a bit of a holiday at Christmas, so choose to reuse!"

Georgina Rodgers



Artificial trees are difficult to recycle, so buy a real tree with roots and plant it in the garden, ready for next year. (Photo: Press Association)

All Saints' Anglican Church Christmas fayre 2007

* Hand crafted Christmas Gifts & Stocking Fillers

* Homemade cakes, preserves and pickles

* Christmas Flowers and gifts *

Hand Made Christmas Cards * "Its in the Bag" *

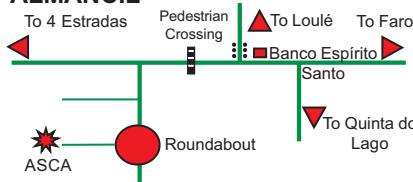
Tombola * Christmas raffle

* Games for the Children * Books & media * Christmas Tea

Shop * And much, much, more

All proceeds to All Saints' Anglican Church Algarve and Charities
For more info, please call 91 619 6077

ALMANCIL



Almancil Community Centre (ASCA)

Rua do Centro Comunitário
Sat 24th Nov

10.30am - 1.30pm 2007
Grand Draw at 1pm
FREE ENTRY

St. Vincent's Anglican Church, Algarve

Part of the Church of England, Diocese in Europe and the Anglican Communion

Christmas Fayre

Saturday 17th November
10.30 am to 3.00 pm
at
Quinta dos Areões Restaurant

Books, ladies fashion, paintings, cards, gifts, tombola, raffle, home produce, refreshments, Father Christmas Grotto, mulled wine, mince pies and lots more

Next to the vets at Espiche
Free admission

Christmas Fayres & Bazaars

Oporto Ladies Guild Christmas Bazaar

Date: November 17th at 2.30pm.

Venue: Clube Inglês, R. Campo Alegre, 532-4150-170 Oporto.

Description: Homemade produce, plants & vegetables, calenders & tombola, bric-a-brac, books, toys & novelties, free activities for children. Teas-English style. All in aid of local charities.

Donkey Sanctuary Christmas Fair

Date: November 17th from 10am to 4pm.

Venue: Charity Shop at Monte Carveiro.

Description: Free hot mulled wine & cookies, Christmas gifts, raffle, free draw ticket with every purchase. All proceeds go to the Donkey Sanctuary.

Barringtons Christmas Bazaar

Date: November 24th from 11am - 5pm.

Venue: Barringtons, Vale do Lobo.

Description: Everything you need for Christmas: great gifts, cards, crackers, games, toys, cakes and puddings, books, portraits, decorations, rugs, candles, soaps and more.

Contact: 289 351 940.

NETWORK Annual Christmas Fair

Date: December 1st from 11am to 5pm.

Venue: Hotel Garbe, Armação de Pêra.

Description: A great variety of Christmas shopping under one roof. Treat yourself to a superb lunch - AND - bring the children to see Santa in his enchanted cave.

Contacts: Paulette Fouché, info@network.algarve.org, 282 415 843.

Aljezur Christmas Fair

Date: December 2nd from 12am to 7pm.

Venue: BioVez Wellness Centre near Aljezur at Quinta Nora, Vale da Nora das Árvore, on road from Aljezur to Monchique.

Description: Christmas fair with a different surrounding. Christmas trees available.

Contacts: Angela Schutzhene, 282 495 671 / 936 384 275 671.

Algarve's International School Christmas Bazaar

Date and time: Saturday 8th December between 11am and 3 pm.

Location: EN125 between Porches and Lagoa.

Description: Make the festive season perfect with a visit to our Bazaar. Lots to see and do. Father Christmas arrives 1pm.

Contacts: Clarissa on 964 877 032

You can take a free listing on our Christmas Page. Please supply the following information:

Name of event • Organiser • Venue • Date & time • Contact N° • Description (up to 20 words) email to: copy@the-news.net

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

Alvor now has two campsites

SIR, I see that Alvor now has a second Campsite, and what's more it has a highly desirable location, just five or six metres from the beach, with uninterrupted views of the ocean. I am sure there are many hotels and private developers who would love to be able to build on this prime land, but due to E.U. laws are no longer permitted to do so.

However, it seems Alvor is content to 'turn a blind eye' to this fact, allowing so called 'wildcampers,' who should be paying to use the facilities of the licensed Dourada Campsite, free access to park their vehicles anywhere they choose. Last week we counted 26 of these vehicles parked both in the car park (which has a sign forbidding camping and caravans!) by the football ground, and along by the Windsurfer and Cinco Quinas Restaurants.

Their registration plates showed they were from various countries, including: Britain, Portugal, France and the Netherlands. And they're not just stopping overnight, but set up their own facilities using mobile solar panels or noisy/smelly generators, outdoor dining furniture, sun loungers, and their washing hanging between the palm trees. Some campervans are even the size of coaches! If the owners can afford to buy such luxurious vehicles, they should be able to afford to pay to stay on a licensed campsite where they belong.

Alvor is a beautiful place, but is being spoilt by these campervans/motorhomes, which are parked totally illegally, and amazingly Alvor either can't

or won't do anything about it. The residents of Alvor pay their taxes to live in this lovely place and it's not fair that interlopers are able to park up anywhere they like and not pay for the privilege.

SUSAN JOHNSON, Alvor

A charge too far?

SIR, On my flight back to Dublin on 3 November I was reading the letters to the Editor page in your excellent paper and in particular the letter from Gerry Madden about cost of living in Portugal (A charge too far) The letter prompted me to write as after spending two weeks in the Eastern Algarve I found the opposite to be the case. In a pleasant cafe overlooking the river in Tavira we purchased 4 beers, 2 coffees and 2 soft drinks for the children and there was change from €10!

In the supermarket the fresh fish was excellent value as were most other items.

On our last night 4 adults and 4 children ate in a lovely restaurant and the total came to €128. That included 2 bottles of wine, soft drinks for the kids as well as desserts/coffees.

Maybe the exclusive resorts charge accordingly, as in most other parts of the world, but travel outside these areas to where Portuguese people eat and drink and you will be rewarded with high quality and very good value for money.

ROBIN BELL, By e-mail

High quality tourists

SIR, I was intrigued to read in last week's *Portugal News* that

easyHotels are to open four new hotels in Portugal.

I wonder how this fits in with the avowed intention of the tourist authorities to attract 'High Quality Tourists' to Portugal? Charging for room cleaning, changing towels, bed sheets and charging for TV hardly seems like a formula designed to attract 'High Quality Tourists'.

Presumably these same 'High Quality Tourists' will now be travelling here by easyJet who will be taking over the present services operated by GB Airways (A British Airways franchise), one of the few remaining full service airlines operating from the Algarve. They will be delighted to pay extra for their hold luggage together with the privilege of extra charges to enable them to get on the first bus to the 'plane so that they stand a chance of sitting with their friends and also for any food or drink they consume on their journey.

Perhaps Portugal just needs happy tourists? Even the much sought after 'High Quality' ones such as Gerry Madden in last week's edition who stayed at Vilamoura to play golf, seems unlikely to return as he felt he was constantly being ripped-off.

N O R M A N THOMPSON, Guia

Gobbledygook

SIR, Ron Lavery regales us with some amusing gobbledygook (Letters - 27 Oct). However, as he points out, we can still understand it easily enough despite the fact that the spelling is all over the place.

But what are we to make of the correctly spelled gobbledygook on pages 6-7 of the same edition suppos-

edly about some new EU treaty? "EU leaders agree on the vital importance of the upcoming UN sponsored summit... which should agree a roadmap for a comprehensive and inclusive negotiation process for a post 2012 climate change framework." Gosh!

"The new Lisbon Treaty has been born. It is a victory for Europe." We aren't told who we were playing, so don't know who lost.

It is apparently "a historic agreement which gives the EU the capacity to act in the 21st century."

"The position is also clear regarding the appointment of the high representative for foreign policy, Socrates said 'The council agreed that the European parliament would be appropriately heard'."

Unfortunately I don't speak this new EU language. Is there anyone out there who can translate this garbage into English, or is it untranslatable? Perhaps Ron would like to have a go.

Can we perhaps persuade the editor of this newspaper to try and print articles we can understand in future, preferably without masses of pointless statistics, which are usually invented anyway.

JOHN CLARE, Arao

Beyond the floods

SIR, Would I not be correct in thinking that with the escalation of flooding throughout the world it is inevitable that it will have a tremendous effect on all the oceans and seas, causing a great increase in the level of future high tides. If so, why is it boffins/parliamentarians are not bringing this fact to the attention of the world's population?

Or have I got it all wrong? Perhaps one of your readers is in a position to confirm or, hopefully, 'rubish' my enquiry?!

RICHARD THURMAN, Armacão de Pêra

European politics

SIR, With the former president, Jorge Sampaio, recommending a referendum on the Constitutional Reform Treaty and the Catholic University Poll showing that a majority of

his fellow citizens are in favour of such consultation, there may at least be an interesting, if not arresting, ratification process in Portugal! I suspect that similar polls throughout the EU are even now pointing up similar majorities in favour of a popular referendum.

The real point is that when national governments are elected, they do not obtain a mandate for whatever policies they may wish to pursue in Europe. The electorate can only vote over issues over which its rulers have immediate control. Foreign policy only becomes an electoral issue in the case of 'determining' countries such as the USA. The full impact of policy decrees coming from all our national governments in their own 'European Assembly', is only really ever experienced sometime later, but the opportunity rarely, if ever, presents to 'punish' them for any adversity they visit upon their electorates.

The presumption is that such a luxury would be pointless. You cannot go and just vote-in a European Government 'in-waiting' You're stuck with the one you've got! The rulers of Europe know that the overwhelming majority of those who want a referendum actually want the opportunity to say politically,

"You're no damned good!"

Sabotaging its enabling mechanisms is rather like an elected assembly having the power to refuse taxed funds for an executive's unpopular war. The EU is an ex-officio organisation. Rulers at Level B have the automatic right to be rulers of Level A. There is the fiction that in voting for Level B, the electorate is voting also for Level A transference. I think the majority of European electors want a direct electoral sanction at Level A.

What about the European Parliament? At the moment, the task of any meaningful coalition formation from the parties of the 27-member union, seems insuperable. In due course, a better approach may be to form European-wide parties specifically for the purpose of contesting European parliamentary elections. In effect coalitions are founded on a commonality that is revealed to exist between nation-bounded constituencies in various member states. Once European politics becomes thus articulate, the European Parliament's claims to power over the Commission becomes irrefutable and even the Council will start finding itself answerable to that body!

How to do it though?

J.A. RUST, Figueira da Foz

Traffic Offenders, from p.1.

These measures will be discussed further this month, and are only set to come into force at the beginning of December.

The proportion of deaths on national motorways has also risen, climbing to 11 percent in 2007 of the total, up two percent from last year.

Separately, an unprecedented crackdown on law-breaking motorists is to kick off on November 25 and will last through to January 7.

While motorists are set to be subjected to regular

roadblocks in the coming months, State Secretary Ascenso Simões stresses the main objective of this campaign is to cut road deaths, which are once more on the rise, after several years of marked reductions.

In comparison to last year, and excluding the 15 victims of the Castelo Branco bus accident, 711 people lost their lives on Portuguese roads between January 1 and November 4, up 21 on 2006 figures.

339

Portuguese for all.

Na lição de hoje vamos continuar a estudar a Voz Passiva.
Até à próxima lição, Emília Rosendo.

The Passive Voice

Look at these examples:

- ▼ Eu ouvi o depoimento.
- ▼ Tu ouviste a testemunha.
- ▼ Você ouviu os acusados.
- ▼ Nós ouvimos as sentenças.

- ▲ O depoimento foi ouvido por mim.
- ▲ A testemunha foi ouvida por ti.
- ▲ Os acusados foram ouvidos por si.
- ▲ As sentenças foram ouvidas por nós.

EXERCISE: Read each sentence below and then write a new one with the same meaning. Begin in the way shown each time.

1. A menina despiu as bonecas e depois vestiu-as com roupas feitas em papel.
As bonecas _____ e depois _____.

2. A mãe vestiu a criança à pressa.
A criança _____.

3. A empresa despediu alguns trabalhadores por justa causa.

Alguns trabalhadores _____.

4. Os alunos repetiram em voz alta várias listas de verbos irregulares.

Várias listas de verbos irregulares _____.

5. Nos últimos dias, a população daquele país sentiu uma inesperada vaga de calor.

Nos últimos dias, uma inesperada vaga de calor _____.

6. Os tubarões daquelas águas engoliram todos estes estranhos objectos.

Todos estes estranhos objectos _____.

7. Alguém partiu em mil cacos o meu vaso preferido.

O meu vaso preferido _____.

8. Os atletas exigiram com urgência uma contraprova ao laboratório.

Uma contra-prova _____.

9. A paciente repetiu o tratamento.

O tratamento _____.

10. O Rui investiu algum dinheiro em acções.

Algum dinheiro _____.

THE PORTUGAL
News

1977 - 2007

We are still receiving contributions for our special anniversary issue so we have decided to present our readers with a **BUMPER CELEBRATION NEWSPAPER** for our final edition of the year on December 22nd.

This Christmassy issue will include memories, photographs, stories and articles about the past 30 years in Portugal.

If you have anything to contribute, please email to sherry@the-news.net, post to Sherry Hughes, The Portugal News, Apt 13, 8401, 901 Lagoa, or fax to us on 282 341201.



Exeter Friendly Society League - Bowls Algarve

Round four of the Exeter Inter Club League took place last, Saturday. Algarve Harlequins travelled to Tavira with high expectations, but were well beaten by the in form Tigers by 54 - 35.

The Tigers collected all seven points and surged to the top of the table in the process. The Alvor Greens also came unstuck at Albufeira Cats, who ran out 79 - 28 victors and swept all seven points to improve their position. Vale do Lobo also went to Tavira to play the Titans, a closely fought match saw Titans squeeze home by 54-44 and five points to two. In the final game of this series, the two PDF teams clashed and the Crusaders bounced back from last week's defeat, winning handsomely 76-24 over the Sinners and earning the seven points. Alvor Gladiators were resting this week.

As a result of these games it is all change in the league table, with Tigers at the top on 20 points, Crusaders rising to second with 18 and Harlequins slipping to third also on 18 points. Greens drop to fourth with 16, closely followed by the Cats on 14 points. Tigers and Cats also having a game in hand. Then come the Titans and the Gladiators have 6. The Wolves are currently at the foot of the table on no points, mainly due to the unfortunate default last week.

Next Thursday (8th November) sees the second round of the Thursday Drytech League and the games will take place at Albufeira.

Alan Clarke, League Director

Leite Monteiro Trophy

Friday 26th October saw the playing of the Leite Monteiro Trophy, initiated in 2001 by Francisco Leite Monteiro.

On a brilliant autumn day, reminding them that a 'Verão de São Martinho' is not far away, 36 TAGUS golfers turned out to play a competitive game of golf with friends and guests at Estoril Golf Club.

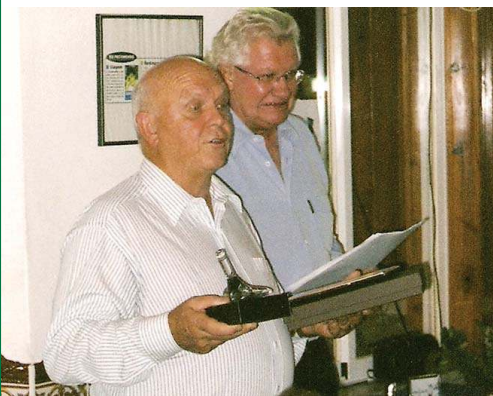
Derek McIvor came in fourth with 33 points, beaten on a countback of the back nine by Auke Bos also with 33 points. In second place was Hans Ludolphi with 38 points, pipped at the post by Richard Evans who won the competition also on a countback of the back nine. The trophy and a special bottle of Sercial Ma-

deira donated by Chico Leite Monteiro was presented to the winner.

Nearest to the Pin was won by Auke Bos and Longest Drives by Teresa Muhlenbeck for the ladies and Peter Dekker for the gentlemen.

A noisy, but enjoyable tasca supper was enjoyed by all and their thanks go to Quinta de Cortador in Cobre for their excellent attention as always.

The next and final event of the year is the Tagus Cup and Young at Heart Competition, followed by their annual Ladies Night Dinner and Dance at the Estoril Palacio Hotel on 30th November.



The winner is on the left - Richard Evans, with our captain on the right (Bill Buxton).

that the walk is happening.

Walk leader: Julie Statham 965 753 033.

Let's Walk ...

From Poço Barreto, Saturday, November 17th & Monday, November 19th - A fairly easy 2 hour walk through the orange groves and gentle countryside.

Terrain: very good tracks and quiet roads.

Footwear: trainers or comfortable outdoor shoes.

Equipment: a bottle of water and a sense of humour.

Meet: At 10.30 start meet at the cafe at the entrance to Malhão. From the A22 take the exit for Boliqueime & Loulé and follow the signs for Loulé. Once passed the quarry turn left (there is a sign for the Alte Hotel) and at the next T junction turn left again. Drive through Parragal and continue on the road for about 15 minutes until you come to Benafim where you meet a main road, now turn right. Follow this road towards Salir. After passing the village of Pena turn left at Taipá towards Alcaria. Now follow the road for about 10 km, for the last 2 km it climbs and at the top of the climb you will see the cafe on the right, just as the road forks. (allow 35 minutes from the A22). If there has been heavy rain please call to check

Meet: At 10.30 start meet at the train station at Poço Barreto, which is almost half way between Silves and Algoz, if coming from Silves the station is on the right with cafes on the left.

Walk leader: Saturday - Julie Statham 965 753 033, Monday - Silvia Smeman 963 737 170

Dr. Julie Statham, Portugal Walks - the walking specialists for Portugal, Madeira & Azores. www.portugalwalks.com & www.wildaway.com Tel: +351 282 697 298 or +351 965 753 033. A Responsible Travel member.

The Algarve Wine Society visits winery

An enthusiastic group of 54 members of the Algarve Wine Society assembled on the fore-court of the Algarve winery, Quinta do Morgado da Torre near Penina in the Portimão region, on Wednesday, 31st October, for a visit and wine tasting. The day was as glorious as you can get in late October in the Algarve, and the blue sky and warm sunshine set the mood for the relatively rare opportunity to sample locally made Algarvian wines.

We were greeted by AWS member Lone Kallqvist, who organized the visit, and Teresa, who conducted the tour of the winery. The winery was started in 1999 and today its total annual production is about 100,000 litres of very drinkable reds, whites and rosés from 25 ha. of vines. Their best known names are Tapada da Torre and Alvor.

Upon entering the cool interior of the Quinta, the group saw a number of huge terracotta Ali Baba style pots, competing in importance with the more usual stainless steel vats and the oak barrels that were standing alongside. Teresa explained that these pots, being quite porous, were no longer part of the wine storage system used today. Until quite recently they were, however, used for the everyday wines that were meant to be consumed quite young. More sophisticated methods are now in use, with thermostatically controlled stainless steel vats to ferment the grapes, with the reserva reds being matured in oak barrels before being bottled on the estate.

After the tour, open bottles of wine were waiting on a delight-

ful covered terrace for the AWS members to taste. First we tried a dry, very pleasant white named Alvor, made from the Arinto and Siria grapes. Then we moved on to their very interesting deep pink rosé made from 100% Syrah.



Tony Beck sampling an Alvor under Teresa's watchful eyes.

And finally the reds. First was Foral Albufeira, made from a blend of 4 grape varieties and definitely a wine to accompany

culent lamb casserole in individual earthenware dishes. Both were equally well received, and the Morgado da Torre wines kept pace with the lively conversation around the room. The meal was rounded off by a selection of traditional Portuguese puddings and fruits, accompanied by a delicious sweet dessert wine, with coffee for those who still had room. It had been yet another thoroughly enjoyable Algarve Wine Society day out.

The next events on the AWS calendar will be a tasting of Dão wines followed by dinner at Barringtons in Vale do Lobo on November 21st and the traditional Christmas lunch at the Orangerie in Villa Monte on December 12th. If you are interested in having further information about, or applying for membership in, the Algarve Wine Society please contact the Secretary, Larry Hampton by email: hampton@mail.telepac.pt.



The lovely Morgado da Torre pots have given way to more modern oak barrels.

red meats. The tasting ended on a high note with the Alvor Reserva 2004, a Silver award winning wine, which was also a blend but this time with Cabernet Sauvignon, and the recently bottled Alvor Red 2006.

It was time to take our leave, say our farewells, and head off down the road to the nearby Res-

erved quite young. More sophisticated methods are now in use, with thermostatically controlled stainless steel vats to ferment the grapes, with the reserva reds being matured in oak barrels before being bottled on the estate.

After the tour, open bottles of wine were waiting on a delight-

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Fun ways for gym-phobics to get fit

Our fitness is at such an all time-low that half of us cannot touch our toes, and most cannot cycle for 20 minutes, according to a new survey. Here we find fun ways to get that exercise, without sweating in a gym.

Struggling to touch your toes, panting as you carry home the shopping or out of breath as you run to catch the bus?

A survey by LA Fitness gym chain reveals fitness levels are now at such an all-time low that half of us cannot touch our toes, a quarter of women can't stretch to do up their bra at the back, and 60% cannot carry home their

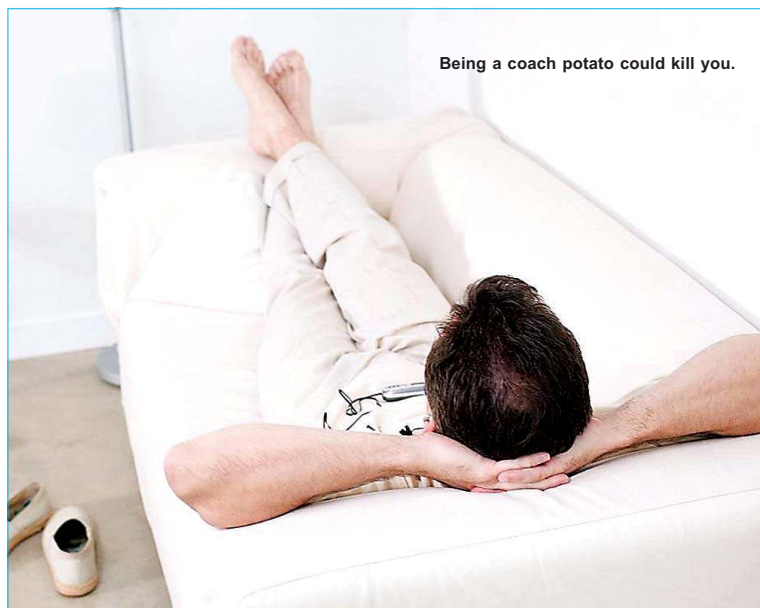
weekly shopping.

Fred Turok, chairman of the LA Fitness, says: "Fitness levels in this country are reaching danger levels. Not being able to touch your toes sounds laughable, but it is really a national tragedy."

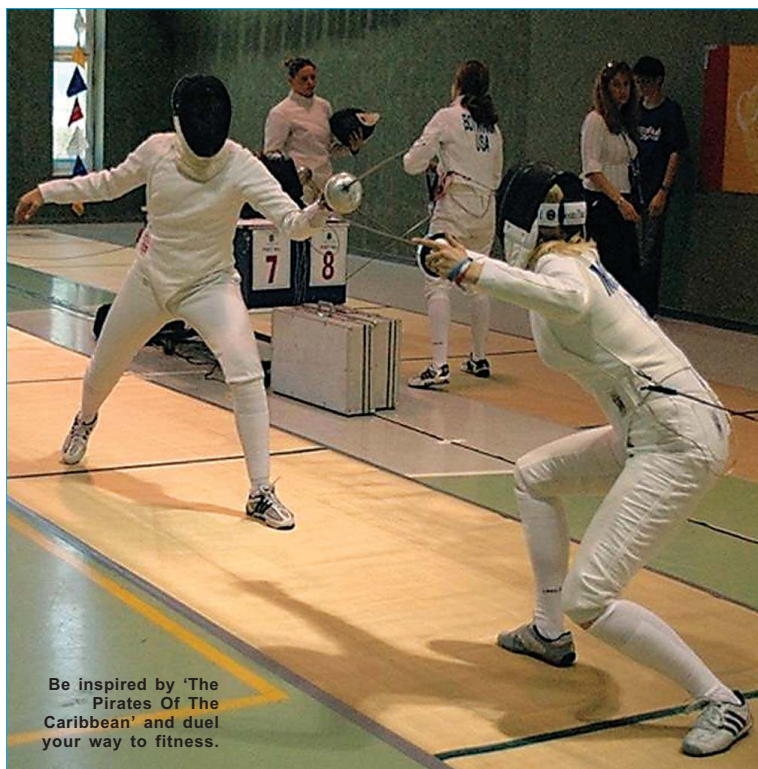
"This action demonstrates basic flexibility, a lack of which can result in life threatening cir-

culatory problems and arthritis, as well as shortening of ligaments leading to complete immobility."

Two thirds of those questioned confessed they hadn't done any fast-paced activity such as cycling, running or speed walking in the last year. The survey also revealed that 68% of the population are unable to do 20 sit ups, 58% cannot cycle for 20



Being a coach potato could kill you.



Be inspired by 'The Pirates Of The Caribbean' and duel your way to fitness.

minutes and 42% are unable to climb three flights of stairs without puffing and panting.

So for gym-phobics, we've found five ways to get fit that are fun, different and have nothing to do with treadmills and weights.

:: FENCING

Be inspired by 'The Pirates Of

The Caribbean' and duel your way to fitness.

You can start at any age and beginners' classes cover the main aspects of fencing, ideal for people with no previous knowledge of the sport. It's great for improving posture.

Who does it suit? There are about 10,000 fencers in the U.K., almost half of whom are women. Graham Morrison at British Fencing says: "As it's more tactical than physical, you don't need to be big and strong, but it does help if you have good bal-

ance, co-ordination and fast reflexes."

HEALTH BENEFITS: It's a solid workout which can burn up to 450 calories an hour, working the stomach and the lower body muscles in particular. It also increases agility and boosts cardiovascular fitness.

How can I do it? Your local Câmara, (Town or City Hall) should be able to tell you your nearest club. Class costs vary from club to club.

This article will be concluded in next week's edition.

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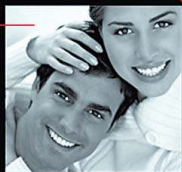
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The grass isn't always greener on the other side - do you need some support to help you cope?

I guess many people reading this might have had this said to them by either friends or family. It's an easy thing to say to people who have sought to give themselves a better life, and many would question the motives for saying such a thing. Some might say that there might be a slight note of envy hidden below the surface, or even a hint of "I told you so". I've also overheard a conversation where the listener is responding to a friend who

obviously needs help and says: "How can you be depressed when you've got such a relaxed lifestyle, and all this sunshine, beautiful beaches and such lovely countryside?" Everything is relative, and what seems to be a small obstacle for some people is an almost insurmountable wall for another.

What started off as a dream might well have turned into a nightmare due to the totally unexpected realities of your situa-



tion. Perhaps you or your spouse became ill, or you couldn't get the work you wanted and now you have financial difficulties. Or you feel stuck, lonely or isolated, or for whatever reason, life has not turned out to be the laid back, dreamlike scenario that you envisaged. Put all this together with the frustrations of living here and you have a real area of need.

I'm not saying that this mind-set applies to everyone, and indeed I am sure there are many people in the Algarve who are really happy and content with life. But talk to a lot of people and you'll find that, when they have tried to make a success of their lives here, in whatever field they have chosen, they have encountered frustration after frustra-

tion, and what begins as a little niggle becomes a continual source of annoyance escalating to an overwhelming sense of helplessness. Apparently anxiety and depression are quite common - a definite paradox, when you think of the material advantages of living abroad and the relaxed way of life!

It seems to me that there is an unspoken need for some kind of group support, where people can come together to meet in order to move forward with their lives, and feel that they are not alone in what appears to be a mire of confusion at times and lack of focus. If you agree, do get in touch and please don't feel that your problem is too small - it is important to you, and that's what matters. Issues

that you may need support with: Breakdown of a relationship, Frustration, Illness, Aging, Loneliness, Financial worries, Living in isolation, Change of climate, Living abroad, Anxiety, Depression etc.

I would also love to hear from like-minded people as myself, who think it would be a really worthwhile idea to set up some kind of self-help and support group, held in a safe and confidential manner. So if you fall into any of the categories mentioned

above, or you would like to help in any way please feel free to contact me, (Marie) Tel: 933577808.

I am hoping to start an initial support group somewhere within the vicinity of Paderne, Messines, Albufeira, Amorosa, Silves, Lagoa. If there is anyone who knows of a quiet, uninterrupted venue where people could meet please call me. Obviously there is scope for groups in other areas, so don't feel restricted by geographical constraints if you want to participate.

THE BRITISH RETIREMENT HOME ESTORIL

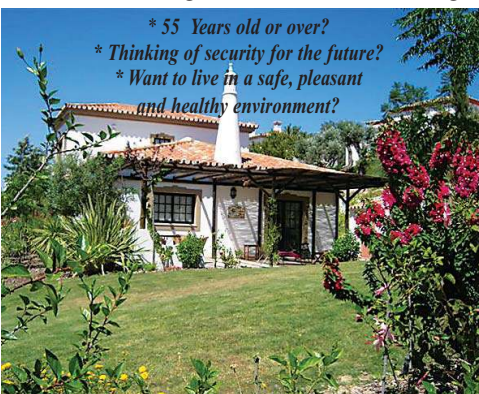


Founded in the mid-1980's, the British Retirement Home is situated in a quiet cul-de-sac near the beach, within easy walking distance of the centre of Sao Pedro do Estoril, on the Lisbon-Cascais railway line. Open to residents of all nationalities, it comprises 10 unfurnished apartments with a kitchenette and an en suite bathroom as well as 8 individual rooms with private bathroom for those who are less independent. 24 hour Care Support is provided by a bi-lingual team, headed up by a registered Nursing Sister. Links with the local community ensure a steady flow of volunteers to help with outings, shopping trips and social events.

Non-residents are welcomed on a daily basis or for short-term stays for recuperation or holiday periods.

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Bewitching Bermuda

A visit to Bermuda soon demonstrates why the rich and famous, and ordinary holidaymakers, fall in love with it.

Silver-bearded Johnny Barnes has been camping on Bermuda's Crow Lane roundabout for about five hours each weekday for more than 20 years.

The former bus driver has been spreading goodwill by blowing kisses and shouting 'I love you' at passing commuters and tourists since an epiphany in 1983. He makes for a rather curious sight on an upmarket island famed for a certain degree of cool, colonial reserve.

While Johnny is not overly discerning about the objects of his affection, his welcome does sum up the spirit of an island paradise which many travellers instinctively link to garish shorts and disappearing aircraft.

Even Barry Manilow voiced reservations about the Bermuda Triangle and who am I to argue?

Undeterred by the crooner's warblings, I hopped on a Bermuda-bound plane and was soon totally bowled over by this tiny north Atlantic island.

Bermuda has a big advantage over the Caribbean in its proximity to the UK. You get a Caribbean vibe and sub-tropical temperatures, and the chance to sip heady rum cocktails on paradise beaches, all within a six-and-a-half hour flight from London or a two-hour return trip from New York, if you tack on a shopping spree in the Big Apple to cash in on the cheap dollar.

Spanish sea captain Juan de Bermudez discovered the uninhabited island 600 miles off the Carolina coast back in 1503. Treacherous reefs earned it the nickname Isle of Devils and it was 1609 before the arrival of the visitors who put it on the map.

British ship the Sea Venture was shipwrecked on the island in a storm - immortalised in Shakespeare's *The Tempest* - en route to colonise Virginia's Jamestown settlement. Admiral Somers and his fellow castaways spent a year building two ships, *Deliverance* and *Patience*, to complete their Virginia voyage - and left behind a handful of men to establish an English claim to the island.

England eventually saw a potential for colonisation and shipped out a few dozen settlers to seal the deal. Today, this elegant tax haven is home to 65,000 people, including Hollywood A list couple, Michael Douglas and Catherine Zeta-Jones.

Perhaps it's proof of Bermuda's exclusivity that celebrities don't have to hide behind a ring of steel and CCTV, and they cheerfully pop out for a carton of milk without any island eyelids batting.

It's easy to see why the rich and famous, and lucky holidaymakers, are bewitched by Bermuda.

Pretty houses sugar-coated in shades of mint green, powder blue and lemon yellow nestle among lush green palms, their white lime-washed rooftops - to

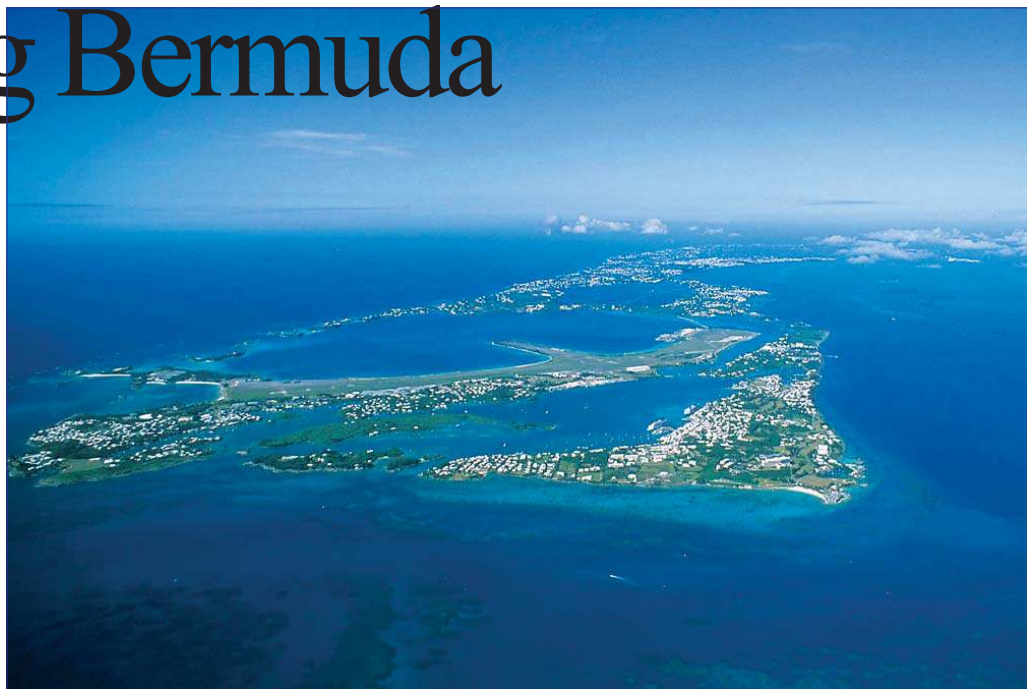
purify rain for drinking water - glinting in the sunshine.

The slightly cooler months from November to March make up the Golf & Spa season.

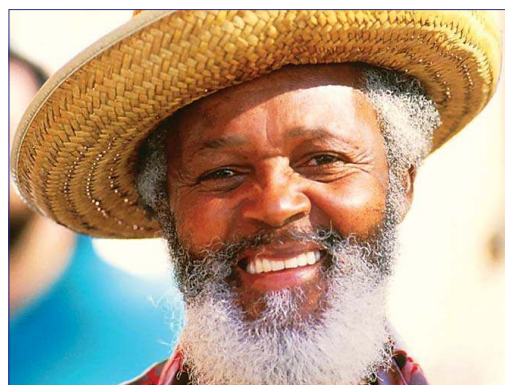
Golfing here is pretty much perfect. The island has eight stunning courses, such as the Mid Ocean Golf Club, ranked among the top 50 links in the world. Teeing off is nothing short of euphoric as you slide a driver from your bag and sweep your eyes down the fairway to the green, against a backdrop of turquoise ocean.

To revive yourself after a game (or while your other half goes hell for leather on the course), try a spot of pampering in the spa.

The Willow Stream Spa at the Fairmont Southampton Hotel is the perfect oasis in which to dust



Pictured above: Bermuda from the air; below left: An aerial view of a three-masted schooner sailing past the Fairmont Hamilton Princess Hotel, Bermuda; and below right: Johnny Barnes, former bus driver and now a tourist attraction on Crow Lane roundabout. (All photos: Press Association)



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off the bunker. Mud wraps and mineral baths jostle for your attention with detoxifying reflexology and aromatherapy hot stone massages.

Golf fanatics can even try an acupressure treatment to improve their swing, which has the stamp of approval from golf wizard David Leadbetter.

Bermuda's hotter season - Beach & Sizzle - runs from April to October and is the best time to experience the island's famed pink sand beaches, tinged that dusky rose colour from flecks of purplish coral. Popular Horse-shoe Bay is vaunted as one of the top 10 beaches in the world.

Sea-lovers are offered a plethora of water sports from wind-surfing to jet-skiing, glass bottomed boat tours and swimming with dolphins - but where the local coastline really excels, is diving.

Nicknamed Shipwreck Alley, Bermuda is ringed by 200 miles of coral reefs dotted with more than 300 shipwrecks to explore - from World War Two vessels to 16th century Spanish galleons. Sunken ship The Constellation, the inspiration for Jaws author

Peter Benchley's 1970s novel *The Deep*, also lies beneath Bermudan waters.

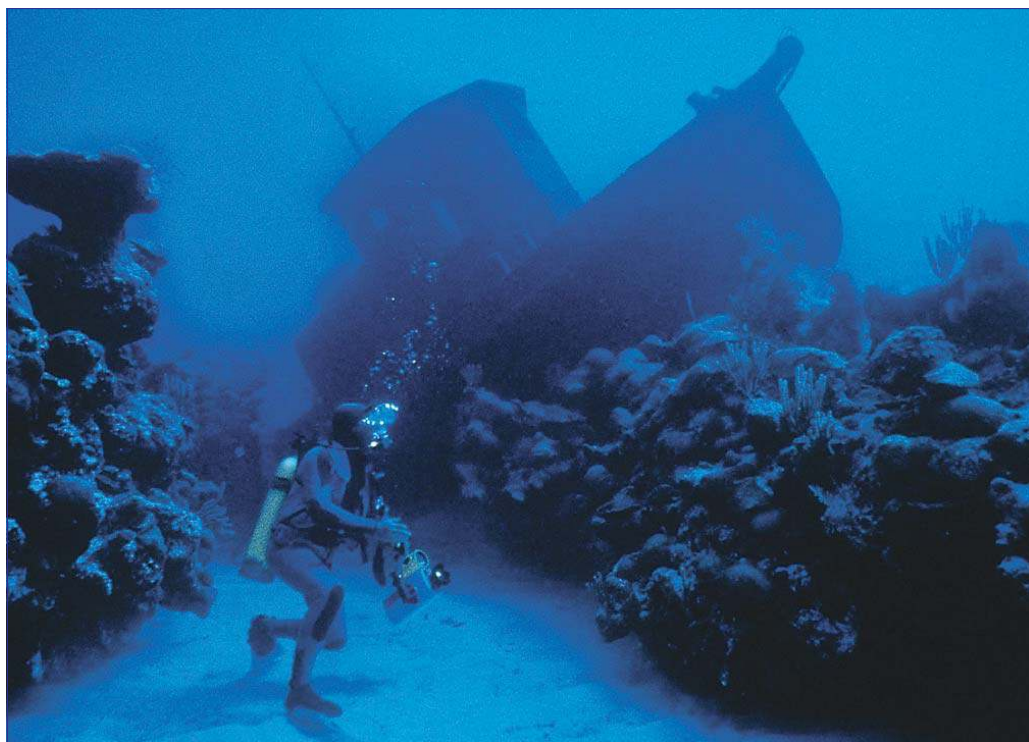
Novice divers can still be wowed by the reef's four-eyed butterfly fish and brain corals by trying 'helmet diving' - a form of undersea exploration where you wade along the ocean floor with the aid of a 'breathing helmet'.

If you haven't brought your sea legs there's always a stroll along the old Bermuda Railway Trail to occupy you, or a horse riding trip with Spicelands Trail Rides.

The closest I'd ever got to a horse before was an obligatory mucking-out-the-stables experience aged 11. Thanks to instruction from my mentor Johnny 5 (and yes, he was named after the clever robot in the *Short Circuit* film), I was able to steer my excitable equine companion Buddy up a steep hillside path, over a couple of main roads and, by the hour's end, we were trotting across the deserted beach as the sun came up.

It's the closest I'll ever come to a Black Beauty moment, but it was pretty amazing.

When it comes to planning a



Pictured above: A diver exploring a wreck in Bermuda's so-called Shipwreck Alley; below left: Enjoying Willow Stream Spa at the Fairmont Southampton Hotel; and below: A view of Kings Square, St George, Bermuda.



beach outfit, remember that Bermuda shorts are not the brightly patterned surfer-dude swimming trunks I envisaged, but rather an everyday work outfit worn in the boardroom in place of stifling suits - complete with shirt, tie, blazer and knee-high socks.

Sartorially enlightened, it was time for me to explore.

Bermuda is a chain of seven main islands which form a fish-hook shape with the two main towns located at either end.

The World Heritage site of St George, with its twisting cobbled streets and forts, is Britain's second oldest settlement in the New World and contrasts with the more modern capital Hamilton - which is Bermuda's commercial centre.

Hamilton has a clutch of boutiques, restaurants and bars to choose from, such as the impressive steak-famed Waterlot Inn, where my surf 'n' turf of a tender 8oz filet steak and South African lobster tail made a mock-

ery of its English pub equivalent.

A vivid snapshot of the island's colourful past is available in Bermuda's Maritime Museum and Royal Naval Dockyards, which were built by English convict 'rock boys'. They became the hub of British forces' shipbuilding during the 1800s and a pivotal military base from the American War Of 1812.

Going even further back in time are the Crystal Caves, with 1.2 million-year-old stalactites sparkling around an underground lake

- reputedly discovered after two schoolboys lost their cricket ball down a six-inch hole.

Another highlight of any trip is Bermuda's signature dish of rum-spiced fish chowder. In fact the island's famous Gosling's rum is in pretty much everything here and the Dark 'n' Stormy rum cocktail is the perfect way to wash down your Bermudan experience. As Johnny Barnes might say: "You'll love it".

TRAVEL FACTS

:: Laura Scott was a guest of Prestige Holidays, which offers seven night room-only packages in a moderate room at The Fairmont Hamilton Princess Hotel from £1,080/€1,552 per person, including BA flights from Gatwick and private taxi transfers. Prestige Holidays reservations: 00 44 (0) 1425 480400 and www.prestigeholidays.co.uk

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Victoria Beckham waving to the fans before her husband, David Beckham's media conference at the LA Galaxy stadium in Los Angeles, USA. (Photo: Owen Humphrey / Press Association)

Bag yourself some arm candy

Must-have bags can make or break a fashion house. But what makes for good arm candy? Bags, An Illustrated History, a new book by Caroline Cox, charts our obsession with handbags.

Mabel, Nancy, or Heloise? They're the names on every fashion follower's lips right now. No, not some hot new designers, but the latest must-have handbags.

Cult bags are big business - and big money - with a waiting list as long as your arm to prove their worth.

Whether it's a dose of bling like Burberry's 'Knight', or small but perfectly formed, such as Fendi's 'Sweet Box' clutch, there's sure to be an It bag out there currently making arm-candy addicts salivate.

When Kate Moss posed for Longchamp's campaign naked on a beach with a bag covering her modesty, she confirmed it... who needs clothes to make a statement when you've got a bag on your arm that makes other women weep.

:: BAG APPEAL

So what's the appeal of the fashionista's accessory of choice?

"These days, sporting the It bag of the season transforms sidewalk into catwalk for its owner," explains Caroline Cox, author of *Bags, An Illustrated History*.

When former Gucci guru Tom Ford was asked what makes a good bag, he replied without hesitation: "It's like you've gotta have it or you'll die."

And thousands who've succumbed to the religion of bag worshipping would agree.

These days, bags are more than just flashing a designer label, according to Caroline.

"The must-have bag of the season may be a lusted-after designer item that can make or break a fashion name. But bags are more than just a logo; they are an intimate part of the body's silhouette, survival kits for life in the urban jungle," she says.

"Designer handbags are no longer the preserve of the elite or those with celebrity status. And



Model with an oversized leather bag. (Photo: Press Association)

there is a magical reason for this: Unlike designer clothes, with handbags, one size fits all."

Iconic Status

Supermodels and celebrities are papped flashing a different It bag for every day of the week. They may have started trends like boho chic, but Kate Moss and Sienna Miller weren't the first of the paparazzi favourites to start parading the latest designer must-haves.

Bags have always gone hand in hand with iconic famous figures, from the time Grace Kelly attempted to conceal her pregnancy bump with a Hermes Kelly bag in the 50s, to Madonna flaunting her Fendi Baguette back in the 80s. Jackie Onassis was photographed so often with her Gucci Constance bag slung over her shoulder that customers would plead staff for 'Jackie O's bag'.

"A vital element for an It bag is glamour," Caroline says. "Often this comes from the magical association between a brand and a celebrity."

"An appearance on the arm of a style icon like Kate Moss can give a cutting edge to any modern bag - and Mulberry, Balenciaga and Stella

McCartney have all benefited from the kudos in recent years."

Handbag Heaven

If you're craving some new arm candy, think before you splurge on a bankrupting bag purchase.

Caroline has these tips for bagging the best handbag:

1. Never pay out for a designer fake. They're cheap, nasty and always lack the quality of the real deal.

2. Vintage is the way forward for bagging a classic bag. Check out eBay for natty designer bargains that won't cost the earth.

3. Sizing up your new purchase? Caroline recommends you look for a new clutch - this season's hottest shape.

4. If you can't afford a cult It bag, check out the next best thing. Caroline advises checking out the 'old school' leather retailers such as Tod's who have been making luxury leather goods for decades.

5. Forget the old adage of changing your bag with the seasons. Caroline says a good classic bag can last you a lifetime!

Bags, An Illustrated History by Caroline Cox, is published by Aurum Press. Available now.

Lisa Haynes

Centro Comercial Portimão

CONTINENTE

60 Lojas Stores **6** Cinemas Cinemas **12** Restaurantes Restaurants

So You?

Forget Facebook, there's a new social networking site in town catering for shopaholics. Fashion savvy surfers can log on to the UK's first ever social shopping site, www.OSOYOU.com, which opened last Wednesday, November 7th. The new site allows cyber shoppers to browse their favourite stores and go 'shopping with the girls', without leaving their sofa.

Perfect for those cold dark nights indoors!

Loneliness of the new mums

Most new mothers say the first year of motherhood is the loneliest in their life, a new survey has found. We ask the experts why new mums feel so isolated, and what they can do to boost their social lives.

Having a baby is a life-changing experience - but sometimes that experience can be far from idyllic.

In fact, a new survey has found that the year after childbirth is the loneliest in a woman's life, and a period when she feels cut off from normality and with no time for herself.

The survey, by Mother & Baby magazine and Tesco, found that 53% of new mums feel 'lonely and isolated' where they live, 87% miss their pre-baby social life and 62% miss their work colleagues.

This, coupled with the fact that many live far away from their parents and don't know their neighbours, means that overall, the average new mum

spends only 90 minutes a day with other people - apart from when their partner returns - and 34% of new mums usually spend all day alone.

But it doesn't have to be that way, says Belinda Phipps, chief executive of the National Childbirth Trust - although it does help if mums-to-be do some forward planning.

"The key thing is to start to get to know people in your area before you go on maternity leave," advises Phipps.

There are plenty of ways to do it - ante-natal classes, bumps and babies classes, NCT groups and so on.

Phipps also suggests getting to know your neighbours, chatting to people on the internet,

and rekindling the relationship with your parents.

"The first few weeks in particular can be very lonely indeed," she says, "but becoming a parent can be an experience that makes you feel happier than you've ever felt."

"There's an enormous amount of fulfilment, but it's really important to have someone to share that with, and other mums will understand you."

But what's also important, says counselling psychologist Jacqui Marson, is that mums choose like-minded women to befriend.

"It's as isolating a time as you make it," she says, "and many of the mums who feel isolated feel like that because they think they're not good enough mothers. They don't like to be around other mums because they think those mothers are better than them, so they cut themselves off."

"The way out of that is to try to reach out to other mums that are like you, and that you can have a laugh with - find your 'mum soulmate'."

She advises mums to look for 'mum soulmates' at the various new mums' classes and events - and watch out for the 'fibbers' who tell tall stories about their baby's achievements.

And she warns: "The transition into motherhood is so difficult. It takes us out of the comfort zones about who we are, who our friends are, and so on. All these things are redesigned after you have a baby."

Marson says new mums should decide on one thing they really enjoy, like going out with friends, or going to the gym, and make sure they still do it regularly.



New mums should decide on one thing they really enjoy, like going out with friends, or going to the gym, and make sure they still do it regularly. (PHOTO: Press Association)



Reach out to other mums that are like you, and that you can have a laugh with. (PHOTO: Press Association)

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PDM Travel looking forward to a merry Christmas



PDM Travel's recent Barcelona trip, which took place in October, was a huge success and everyone had a wonderful time. It was wholly agreed the weather was lovely, despite a spot of rain on the second day, and everyone made the most of the handy hop-on hop-off tourist buses to enjoy this fantastic city to the maximum.

According to Alison Ribeiro, manageress of PDM Travel, "You could spend a week there and still not see it all!"

More getaway breaks are planned to Barcelona, as well as a number of other popular long and short-break destinations.

Call PDM now to take your place on their upcoming three-day Christmas Shopping trip to Seville and Gibraltar, on November 29th, which is almost full. However, there are a few places left, so best book quickly.

This trip comprises two nights' bed and breakfast in the three-star Hotel America in Seville, return coach transport, and an optional day-trip to Gibraltar on day two.

It is fully priced at €147.50, per person, sharing a double room.

A spring trip is planned for the first week in March to Jerez de la Frontera.

Included in the fun-packed schedule will be visits to the Royal Equestrian School, the Sherry wine caves and a guided tour of Rhonda. Details will be available at the beginning of January.

Christmas and New Year are proving busy as usual with great priced flights back to the UK and special New Year breaks – treat yourselves and call PDM now.

If you missed the boat on PDM's special Douro Cruise offers in 2007, don't worry because more details of the 2008 offers should be available at the beginning of January.

PDM Travel will help you beat the winter blues, whatever you have in mind. From local

hotel bookings to round the world cruises, special golf packages, excursions and discounts.

Give PDM a call and let them take the stress out of organising your travel arrangements.

For more information, contact: PDM Travel/Resolution Travel. Free-phone: 800 206 375, telephone: (+351) 282 782078, Fax: (+351) 282 760154, e-mail: alison@pdmtravel.net, or sales@pdmtravel.net. Alternatively, see their webpage: www.pdmtravel.net.



PDM's group of happy travellers in Barcelona.

Senses ... skin care centre

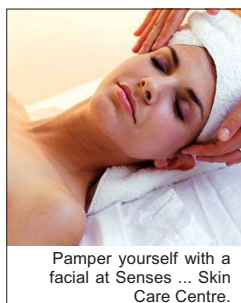


Their new website www.senses-skincare.com is now fully functioning and available for all to see. You can browse the full treatment menu, search through all Dermalogica products and buy online, consult the online therapist section and also fill out a consultation form that they will process and then get back to you with product suggestions and recommendations.

Now everyone in Portugal can experience Dermalogica, as these products can be sent directly to your door. There is also no delivery charge on any orders (no matter how small) throughout Portugal.

The first skin bar in Southern Europe is soon coming to Lagos. Senses Skin Care are incorporating a skin bar into their skin care centre. A skin bar is a revolutionary idea from Dermalogica and allows people to give themselves a full facial using all the Dermalogica products they could wish for. This is perfect for people who don't get time to have a full professional facial every 4-6 weeks, it's also perfect to try out the Dermalogica products before you buy. It is also great for youngsters who are just getting in to skin care and most importantly, it's a great way to relax and have fun with friends. Everyone who uses the

skin bar will complete a full consultation and receive a Face Mapping Prescription sheet that will highlight every product they should use throughout their facial. The skin bar is available from 1st December, so watch this



Pamper yourself with a facial at Senses ... Skin Care Centre.

space. Details of the official opening will be published at a later date. The skin bar will only cost €10 per session, but this will

be refundable against any products bought.

Gift vouchers are Christmas gifts which are sure to please. Buy a gift voucher for a specific treatment, a pamper package, a product or for the amount that you wish.

Special December Offer: book for 3 treatments and receive the cheapest one free! This is a perfect way to get ready for Christmas, have all your treatments done at one time at a much cheaper rate. Any combination of treatments is available from Face Treatments, to Massages, to Manicures ... you pick the perfect 3 treatments for you and you get the cheapest free! You can take advantage of this offer as many times as you wish throughout December. To book an appointment, contact Suzie or Tim on Tel.: (00351) 282 762261, mobile: (00351) 913 275 869 email: senseskincare@hotmail.com

What makes All Seasons special?



According to the specialist paint protection company, the thing that makes All Seasons stand out head-and-shoulders above the rest is its staff.

The team of dedicated, professional people offer a comprehensive service from consultation to completion, ensuring each customer has a worry free experience.

The All Seasons teams take care of everything from pre-spray treatment to cleaning and tidying-up.

Firstly, be introduced to sales director Vincent Ware. It is Vince who will visit your house and complete a full property survey and exterior inspection.

He will make sure that any problems or potential issues are spotted and addressed before any work begins.

Vince will also answer any questions and provide a full quote based on his findings.

Once the customer has agreed the quote, Jacqui Cobb, customer-liaison manager becomes

All head-sprayers are fully experienced and qualified applicators. Each of All Seasons' head-sprayers manage a team of experienced paintwork professionals and oversee the work being undertaken.

The head-sprayer makes sure the job is completed to the customer's satisfaction and that the property and its grounds are pristine before the team leaves.

All Seasons has a proven track record gained over 35 years.

It uses a resin-based coating, which comes in a range of colors and textures. Ideal for private and commercial property, it has a 25-year lifespan, protecting your property in all seasons.

For further details or to book an appointment call Jacqui on: (+351) 282 381 154 or free-phone 800 207 613.



the key point of contact.

Jacqui rings each customer to arrange a date for the work to be carried out and remains the key contact throughout the project. Jacqui is there to answer any questions you may have or to address any queries.

Each work team is led by a head-sprayer.

AIM for perfection



Whether you are moving just round the corner or to the other side of the globe, you want to be assured your belongings are being handled as carefully and safely as if you were moving them yourself. This is a principle to which removals and storage specialists AIM Removals strive to comply, looking after your effects, from door to door, as if they were their own.

If you have just arrived in Portugal and have belongings to be stored, one of AIM's two impressive warehouses is a good place to keep them.

Organised, clean and tidy, the documented, containerised storage is available both long and short term and offers fully secured facilities.

Both warehouses are equipped with security cameras, alarms and fire detectors, able to store any size or shaped item, from a single box of crockery, to the full contents of a home, car included!

Established in 2002 though with many previous years' experience, AIM is now one of the

Algarve's largest and most sought after removal companies.

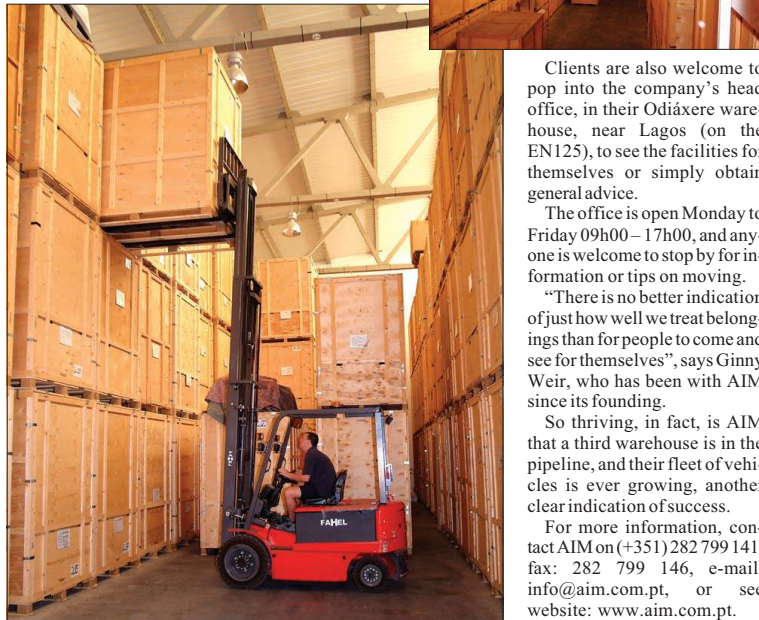
They are also proud to announce the company is now a member of BAR, the British Association of Removers.

No move is too complex or too daunting for AIM to undertake, whether it is to the next town or to a far-flung village in the middle of nowhere.

They are experienced in dealing with all documentation and legal paperwork to accompany overseas moves, handling different importation and exportation

requirements with ease. You need worry about nothing!

AIM specialises in long-distance, overseas moves, otherwise known as 'Deepsea' moves, efficiently and safely sending items to countries outside the EU, by sea, plane or train.



Clients are also welcome to pop into the company's head office, in their Odiáxere warehouse, near Lagos (on the EN125), to see the facilities for themselves or simply obtain general advice.

The office is open Monday to Friday 09h00 – 17h00, and anyone is welcome to stop by for information or tips on moving.

"There is no better indication of just how well we treat belongings than for people to come and see for themselves", says Ginny Weir, who has been with AIM since its founding.

So thriving, in fact, is AIM that a third warehouse is in the pipeline, and their fleet of vehicles is ever growing, another clear indication of success.

For more information, contact AIM on (+351) 282 799 141, fax: 282 799 146, e-mail: info@aim.com.pt, or see website: www.aim.com.pt.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 10 Nov 2007

PROPERTY OF THE WEEK

A stunning family manor in Torrinha

Sitting amidst magnificently manicured grounds is this week's 'Property of the Week', a beautiful, large, five-bedroom villa with spacious living areas, sprawling gardens, and unusual, turret-shape rooms.

Situated in Torrinha, on the outskirts of Lagoa, the house is just a few minutes drive to the main A22 motorway, into the town of Lagoa, and to the pretty fisherman's village of Carvoeiro, with its acclaimed beaches and golf courses.

A paved drive lies beyond automatic gates, and leads up from a country road, through the gardens, to the back of the property where there is ample parking for a number of vehicles.

The cobblestone carpool has an impressive inlaid motif, which sets the tone of grandeur, which continues throughout the rest of the property.

Through the back door we enter a large open living area, which has a decorative brick wall, with gothic-style alcoves, a wood-burning stove, and an indoor flowerbed.



To the back of the living area is a raised dining area, situated inside a circular turret.

Right from the entrance is the

hall from which four ground floor bedrooms lead off.

Three of the bedrooms are en-suite, one has patio doors to an expansive patio that overlooks the garden and pool area, and all have fitted wardrobes and air-conditioning.

Also right from the entrance is a guest W.C.

Left from the living area is a hall leading to the kitchen and a self-contained, one-bedroom apartment.

The kitchen is very sizeable, has a fully integrated fitted kitchen made of mahogany wood cupboards with leaded glass fronts - very elegant - and a corner-stove with a brick-built chimney.

From the kitchen a set of doors open onto the elevated patio, where there is a complete outdoor cooking area, equipped with a barbeque, gas stove, bread oven, and a sink, ideal for summer entertaining.

Next to the kitchen is a good sized larder and a separate storage cupboard.

From here we go through to the converted garage, now used as a one-bedroom self-contained apartment that has its own private entrance.

The apartment comprises a bedroom with laminate wood floors, a living/dining area and kitchenette, and a bathroom.

Further comprising the



ground floor is an enclosed storage area, also once part of the garage, which would now be ideal as an area for small pets or as a laundry room.

Up a flight of stairs and we come to the villa's first floor, which comprises one big master-suite.

The landing offers a full wall of fitted wardrobes, and has a door to a roof-terrace, which boasts stunning 360° views of the surrounding countryside, over to Portimão and Praia da Rocha, and to the north, the beautiful Monchique mountains.

Of circular shape the bedroom also has doors to a private patio, its en-suite bathroom comprises an unusual, sunken Cleopatra-style bath, twin basins set in a marble top, and a roomy walk-in shower.

Measuring 7,080 square metres, the gardens comprise a large pool (12mx5m), an en-

closed area for animals, and ample lawn and flowerbeds that are excellently taken care of by attentive gardeners. Maintenance staffs have a separate road for their own use running up the side of the villa where they park their vehicles.

Marble floors run throughout the villa, and all doors and win-

dows are double-glazed, having a handy 'tilt-and-slide' system.

The property is priced at €875,000.00.

For more information, contact Douglas Delgado at Remax Lagoa on mobile: (+351) 919 910 097, e-mail: ddelgado@remax.pt, or see website: www.remax.pt.



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Vilamoura

Situated near all facilities, one bedroom apartment composed of bathroom, lounge, equipped kitchen and terrace. Furnished. Communal swimming pool and garden area. Construction area - 80 sq.m.

Ref: A1155 Price: € 127,500



Vilamoura

Centrally located, one bedroom apartment composed of bathroom, lounge, kitchen and terrace, communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 73 sq.m.

Ref: A1149 Price: € 165,000



Vilamoura

Villa situated in a quiet area composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, dining area, equipped kitchen and terrace. Swimming pool, garden, barbecue and carport. Furnished.

Ref: V12445 Price: € 500,000



Loulé

Beautiful country villa composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, kitchen, 2 storages and large terraces. Garden, brick bake oven and carport. Alarm, central heating and automatic sprinkler system. Plot area - 2.000 sq.m.

Ref: V12378 Price: € 550,000



Vale Telheiro

Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, dining room, equipped kitchen, laundry and garage for 2 cars. Carport, swimming pool, garden and terraces. Partly furnished.

Ref: V12338 Price: € 635,000



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Caligos (Olhão)

Lovely 3 bedroom villa close to small golf hotel in the area of Moncarapacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools.

Ref 1711 470.000



Fuseta (Olhão)

Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room.

Ref 1703 200.000



Santa Maria (Tavira)

New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building.

Ref 1700 126.000



Pinheiros de Marim (Olhão)

New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.

Ref 1698 239.000



Aldeamento de Marim (Olhão)

Lovely ground floor 1 bedroom apartment in nice urbanisation close to lagoons & islands of nature park "Ria Formosa". Communal pool area w/ bar, tennis court & gardens. Kitchen, living room, bathroom & balcony, partially furnished. Garage & store-room in basement. Good rental investment.

Ref 1664 85.000



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Ref. A-237 Price: € 250,000



Carvoeiro Salicos

Country retreat villa of 165m² set on a plot of 2500m², close to village centre and beaches. 3 bedrooms, 2 bathrooms, guest wc, lounge/dining room, equip-ped kitchen, swimming pool, garage. Main bedroom leading to a large terrace, elegant driveway leading to garage, close to village centre and beaches.

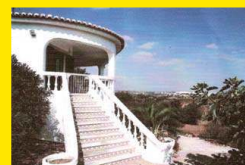
Ref. V-326 Price: € 420,000



Belomonte

Spacious new villa in quiet location in prestigious area composed of 3 bedrooms, 3 bathrooms (2 en suite), guest wc, lounge w/ fireplace, dining room, equipped kitchen. Large terraces on the 1st floor. Swimming pool. Quality design construction.

Ref. V-312 Price: € 500,000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.

Ref. V-349 Price: € 495,000



Carvoeiro

4 bedroom house w/ heated swimming pool, spacious lounge w/ wood burner, large, equipped kitchen leading to BBQ area, 2 bathrooms, shower, central heating, small established garden, driveway with lockable garage.

Ref. V-350 Price: € 350,000

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Almancil / Quinta das Salinas
3 Bedroom / 2 Bathroom "Fully Furnished" detached villa at Quinta das Salinas between Qta do Lago & Vale do Lobo's beaches & golf courses. This lovely villa is surrounded by pine trees & is within walking distance of beach & Ria Formosa nature reserve.
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Vilamoura
Luxury 4 bedroom villa built and equipped to an extremely high standard. The rooms are very spacious and offer air-conditioning, heating, open plan modern kitchen and is situated on a large plot in a quiet private area surrounded by pine trees. ****Must Be Seen****
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Neighbourhood of Tavira
Spacious 1 bedroom apartment on the ground-floor, w/ unusual large terrace areas (40m² & 9.4m²) & good sized garden area of 59m², prepared for A/C, parking space in basement, 5 mins drive to Tavira, Benamor golf-course & Cabanas w/ its beautiful lagoon & beach.
EA041 ANTAV Price: €125.000



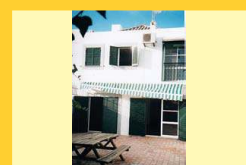
Land with project – Neighbourhood Tavira
Land w/ an area of 1.443m² w/ permission for a villa, consisting of ground-floor: 150m², 1st-floor: 90m² & basement of 80m², in the countryside w/ beautiful views of the sea & countryside, close to small village, approx. 8km north from Tavira.
EA042 LNTAV Price: €100.000



Neighbourhood V. Nova Cacela
Lovely old cottage w/ covered area of 77m² & some restoration work done such as plumbing, electricity, walls, surrounded by 760m² of land w/ nice views, situated in Stª Rita, a charming village, 5mins drive to various golf-courses, beaches, 10 mins to Tavira.
EA043 CVNC Price: €160.000



Neighbourhood Tavira
Lovely 3 bedroom villa set on 4.200 m² of land w/ beautifully arranged garden & swimming pool w/ spacious terracing, large garage w/ workshop, in peaceful surroundings affording a 360° outstanding view, 5 kms to golf courses & beaches, 8 kms to Tavira.
EA044 VNTAV Price: €495.000



Townhouse - Tavira
Attractive 3 bedroom townhouse, with lovely parquet floors, air con., built in 1999 with large private patio (77 m²), BBQ, storeroom and garage, situated in a nice and quiet area within walking distance to the centre of Tavira.
EA045 TTAV Price: €285.000



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Ref: LHV-957 Price: € 390.000



Moncarapacho
Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 m² incl. basement with garage, plot 1377m², built in 2006.
Ref: LHV-927 Price: € 850.000

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Moncarapacho
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Ref: LHV-904 Price: € 2.400.000



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Price: € 1.550.000,00



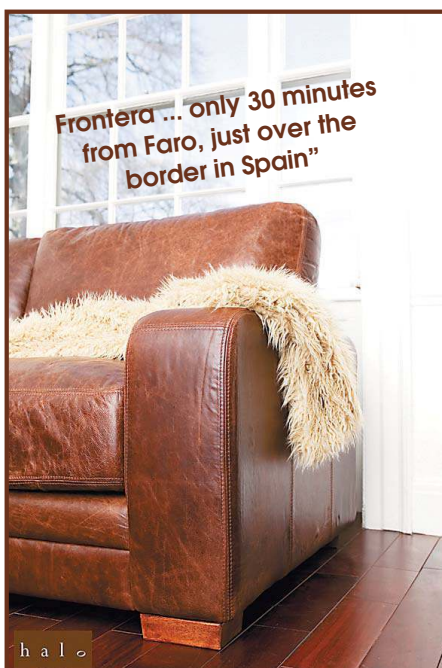
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Ref. A71960
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Price €250,000.



Attached villa with 3 bedr, 3 bathr, living & dining room, kitchen, terraces, BBQ, garage, big attic & downstairs annexed apartment with 2 bedroom, bathr, kitchenette, livingroom, much storage. Very good price!
Price €345,000.



Typical Portuguese cottage in Aljezur, near Praia Amoreira, on plot with 6,650 m². Living room, kitchen, fireplace, 2 bedrooms, bathroom and annexed livingroom / bedroom with shower.
Price €195,000.

Make your home truly heaven scent

Every home has its own personal scent, according to experts, and it can speak volumes about your home. Avoid wet dog and smelly fish, the most unalluring pongs, and follow your nose with our guide to aromas to woo, to relax and to celebrate.



Check you haven't over-scented by leaving the room after candles have been burning for 10 minutes and walking back in with a fresh nose. (PHOTO: Press Association)

I'm not an obsessively houseproud person but I'm still reeling from the revelation that my home pongs!

Apparently, its aroma has an essence of pet cat, an overtone of Chinese take-away, a hint of teenage daughter's perfumed hair-spray, and something indescribable that's peculiar to my home, but "honestly, isn't bad!"

That's the verdict of my best friend, Gill, who bravely diagnosed the BO - Building Odour - of my house, following the instructions of smell expert, Dr David Lewis.

He advised: "It's very difficult to detect the smell of your own home as your brain becomes used to the scent over time, however to visitors it can be the first thing they notice when they enter a property. You could encourage a friend to be 'nosy' and identify your property's aroma."

Cue Gill and her twitching nose. She and I are still speaking - just!

But Dr Lewis reassured me that my 'parfum de home' - while definitely not what I'd imagined - is quite typical and he reveals: "Every house, like every person has a totally unique signature smell, similar to a fingerprint."

"It's made up of old skin particles, hair, cooking odours, crumbs and dust embedded in your carpet furniture and decorations."

After that description I'm no longer surprised that home fragrances are booming in popularity.

Worryingly for me and my whiffy home, Dr Lewis - a neuro-psychologist and Director of Research at the Mind Lab - found in his latest research for Febreze air fresheners that 89% of people believe the smell of a home reveals how clean it is.

The only consolation is that my odours didn't include rotten fish and sweaty feet, that can, accord-

ing to his survey, provoke disgust and alarmingly even rage in the majority of people.

It's obviously not a minute too soon to start cleaning up my odour act, especially as one bad smell can last a lifetime in the memory.

As Dr Lewis points out: "Nose messages arrive directly in a part of the brain responsible for memory so we tend to recall memories associated with odours, whether bad or good, far more accurately and for much longer than memories associated with sight, sound or touch."

Washing powder and clean laundry reminds us of our mums, and tobacco of our dads, it was recently reported but Dr Lewis's advice is to opt for a neutral home fragrance: "People often go for homely smells like baking bread or coffee, but our research shows that the majority of people prefer to smell a fresh, light scent that reminds them of sea breezes or fresh air."

I've nosed into scent signals and got expert advice on smells to impress.

Suit your personality to your home fragrance: Amelie Prot, 29, is a 'scent detective' helping people find the ideal home fragrance at La Foret de Parfum in Harvey Nichols, London.

She says: "Scents are extremely personal because they can trigger memories and remind us of happy associations and events."

"When I ask clients what smells they like often they don't talk about obvious fragrances but perhaps things like a whiff of newly cut grass, a just bathed baby or even cigar smoke that reminds them of their father."

"That helps me build a 'scent picture' and match them to the right home fragrance, which is as important as the perfume that they wear."

She points out that we wear

perfume to allure and act as our signature, and our rooms should similarly wear fragrances to conjure up different atmospheres, relaxing, sensual or energising.

Her guide to matching a home fragrance to your personality.

Extrovert: Amelie says: "This type would enjoy an oriental and spicy, and quite strong and defined scent. They look for something that makes a statement about them and their home."

She suggests fragrances containing elements of amber, sandalwood, patchouli, cinnamon.

"An alternative choice would be a strong floral bouquet, perhaps a tuberose or a blend of scents with ylang ylang, patchouli, amber and jasmine."

Amber and Sandalwood or Cedar & Rock Rose fragrance, £22. Oriental Garden reed sticks and decanter, £49. All from OKA's Life Scents by Cath Collins.

Introvert: Amelie believes: "They're attracted to clean, soft scents that are subtle and not too overpowering. Fragrances featuring white flowers like jasmine, tuberose and neroli would be best for them."

Or, she advises, try a scent reminiscent of sea breezes, featuring Lily of the Valley blended with white musk.

Romantic: Amelie says: "Florals are a favourite for this type, perhaps a blend of mimosa, yellow rose and some vanilla, or a single fragrance such as jasmine or lily of the valley."

They prefer a light, sweet fragrance and may also enjoy a soft oriental scent, using vanilla, tonka bean and benzoin.

Men: Amelie says: "A vanilla fragrance is a favourite, because this is a re-assuring, relaxing fragrance as it often conjures childhood memories."

"Their other preference is for something aromatic, woody and spicy, using cedarwood and

patchouli."

Fresh bathroom scents with lavender and vetiver or a citrus fragrance using hints of lemon, mandarin or bergamot are popular.

Scent sense: Sue Charles, co-founder of Quinnesence Aromatherapy which makes essential oils, gives a guide to scents for rooms. A few drops can be used for pot pourri or in an oil burner.

Kitchen/Living room: She says: "Use uplifting aromas such as citrus, basil, ylang ylang, grapefruit or lime."

"Lavender and rosemary are relaxing and may change and patchouli are soothing, while cinnamon and rose are sensual."

Scent savvy: Chrissie Rucker, founder of The White Company, which has a home fragrance col-

lection, says: "A bowl of potpourri in living rooms and the hallway gives the perfect light scent around the house for daytime."

"In the evening boost scent levels by lighting one or two scented candles for each room."

Gabrielle Fagan



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A new colour palette, soft, sensual fabrics, and some luxurious accessories will go a long way towards banishing the seasonal blues.

where 'more' is becoming preferable to less."

There's no need for a baffling trawl through the paint charts as he's identified the two most



Loulé - This plot of land has 701 m² and is located in a elevated position with superb views over the coast. It has an approved project to build a 3 bedroom villa with swimming pool.
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Revamp and cosset an existing sofa or chair with soft-to-the-touch knitted wool throws. (PHOTO: Press Association)

It could also make your interior dazzle and guarantee it's ready-to-impress the invasion of friends and family over the Christmas holiday.

Cosy colour

Colour's vital for this winter's rooms, according to Edward Appleton, paint expert for The Paint Quality Institute. He says: "Forget cold, minimalist interiors as these are not winter-friendly and they're also unfashionable as vibrant, decorative effects have made a comeback."

"Bold patterns, rich, opulent looking furnishings and striking accessories should be combined to create a new take on interiors

popular colour palettes. "Most noticeable this season is the appearance of a soft, soothing yellow-lime. Muted in appearance, this colour looks best teamed with stone, oatmeal and darker hues of tobacco and even chocolate brown."

Those who want seasonal sparkle will find the fashion for metallics appealing. Appleton says: "A combination of both gold and silver creates a simple yet luxurious style in a modern setting."

"Try painting broad bands of gold and silver interspersed with crisp white stripes on a feature wall." *Gabrielle Fagan*

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The autumn tidy-up



The annual autumn tidy-up is always an ideal time to think about recycling organic matter to return it to the earth.

If you're raking leaves off your lawn, don't dispose of them because you can easily make leaf mould which is perfect for adding nutrients to your soil and

adding to compost.

Also, you only have to have a few plastic bags with small holes in them for ventilation to house the leaves while they decom-

pose, leaving you with a fertile heap in around 12-18 months. The bags should be around 3/4 full, the leaves sprinkled with water, then the bags tied at the top.

If the area is too big to rake, collect the autumn leaves in your lawn mower with the blades set high, then they will be shredded straight into the grass box.

As well as storing the leaves in bin liners pierced with air holes, you could compost some in layers with the other materials in the normal compost heap or on their own in a frame with more open sides made with chicken mesh to allow the air to circulate. Add a leaf-mould activator if necessary.

Store in a shady spot and the following autumn the leaves will have rotted down into a rich, crumbly mixture that can be used as a mulch around the base of plants.

So much garden debris can also be added to the compost bin at this time of year. Of course, avoid adding perennial weed roots such as docks, thistle and nettles to the compost heap as they will come out of it alive and ready to grow.

A bonfire, where permitted, is a good way of disposing of perennial weeds and larger prunings, while the resulting ash is a source of nutrients which is especially good for fruit trees, although you should dig it in rather than spreading it on the

surface, as it goes gooey when wet.

If you are not allowed a bonfire, invest in a shredder which will reduce all your garden debris (but not perennial weeds) into a fine mulch which can be spread on the soil immediately, or left in a corner to partially decompose before use.

If you are clearing your vegetable patch, that should supply you with plenty of green material for the compost heap. But avoid adding any vegetable plants that appear diseased.

You can also pick any remaining green tomatoes, place them in a bag with an over-ripe banana to help ripen the tomato fruits, and then compost the plants.

When you have harvested the last of your climbing French or runner beans, cut back the top growth and compost it.

The roots of peas and beans are particularly good for composting, as they contain nitrogen-fixing bacteria which help raise the level of nitrogen in the soil for crops the following year.

A final mow of the lawn before putting the mower away for the winter will also give you a light sprinkling of grass clippings to add sparingly to your leaf mould bags and your compost heap.

If you make the most of your autumn tidy-up, the result will enrich your soil and enhance your plants in years to come.

Hannah Stephenson

From field to fork

Pumpkin (*curcurbita maxima*)

You'll need a big area to grow pumpkins, which have immense leaves, spectacular flowers and extensive growth. Sow seeds indoors in April to give them a long growing season and only plant out when the risk of frost has passed. They are tender, so after watering them in and mulching the soil, protect them if it turns cold.

Apply liquid fertiliser every two weeks. Plants grow quickly and are best on the ground. They prefer fertile,

moist soil in sunny, sheltered spots. As they swell, you'll need to prop them up with a big clay plant pot to allow the skin to ripen evenly.

The variety 'Triple Treat' is perfect for next Halloween and has tasty flesh, while 'Atlantic Giant' is the record-breaking exhibition pumpkin. If you only want one huge pumpkin, leave one fruit on each plant, give it more water and feed it well. The pumpkin should be harvested before the first frosts of winter.



What's in store

Madge and John Measures

Many of us love to have climbing or scrambling plants covering the walls of our homes and gardens.

Solanum jasminoides often known as *Solanum laxum* and commonly as the Potato Vine is in the same family as potatoes and aubergines. This has a dainty appearance and is a scrambling plant that will climb up to 6m if given adequate support. Flowers are produced in clusters during many of the summer and autumn months and are either white or blue. A native of Brazil it is best grown in full sun or dappled shade. Provide it with a good soil mixture that is well drained and water well during the growing season, but

give less during the winter months. During late spring through to early autumn it does benefit from a monthly application of liquid fertiliser. It does need protection if frost is forecast.

Lonicera japonica is a fully hardy, evergreen twining climber that attains a height of up to 10 metres and as its name suggests it is also known as the Japanese Honeysuckle. Its flowers are fragrant and borne during the spring and summer months. It is best grown in a fertile soil mixture in full sun, although can be grown under a tree in filtered sunlight where it will twine up through the branches. During the active growing and flowering season it does benefit from an appli-

cation of liquid fertiliser on a monthly basis.

Bougainvilleas are to the majority of people the plants that are more usually associated with our southern European gardens. Their blooms are in fact very insignificant, but the three, petal shaped bracts that surround them are what many people believe are the flowers. These highly colourful bracts range in colour from white through pinks and

red to lilac or purple and are borne throughout a long period of the year from spring through to late autumn or even longer. They grow best in a fertile well drained soil in full sun and can attain a height of up to 12 metres, but do need some support. The majority of colours do need to be kept frost free, therefore do give protection if frosty weather is forecast.

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1. Put up windbreak netting, as wind slows plant growth by increasing water loss through evaporation.
2. Pollinating insects avoid windy areas, so to improve pollination of fruit crops grow them against sheltered walls.
3. Avoid plants with big leaves and those that come into flower early in the season, as they are more vulnerable to wind damage.

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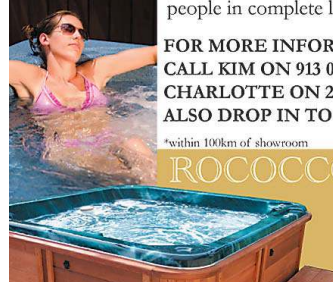
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Fish for compliments

Cod may be sparse, but with so many more fish in the sea - more than 100 varieties of seafood and shellfish are available in the UK - there are endless possibilities for cooks of every level.

Gabrielle Fagan

There are plenty of fish and shellfish in our seas - but only 26% of us eat the recommended two portions a week. Here are two recipes from celebrity chefs, Antony Worrall Thompson and Mitch Tonks.

Can't tell your cod from your coley, flounder nervously at the fresh fish counter, and believe humble fish fingers are a seafood banquet?

You're obviously suffering from a common condition - fear of fish. But be reassured, you're not alone as most of us barely touch the stuff. Only 26% eat the recommended two portions a week of this heart-boosting food,

let alone confidently cook it.

Chef Antony Worrall Thompson enthuses: "Seafood is one of my favourite cooking ingredients. There are so many varieties of fish and shellfish to choose from, all with fabulous flavours and textures - you can easily create a multitude of dishes in minutes."

But as a father-of-four he is well aware putting fish on the

family menu may be a struggle, especially with children.

He advises: "Getting kids involved in every stage from buying to cooking can really help. Take them along to your local fish counter or fishmonger to choose the fish and find out where it comes from. Then let them help prepare and cook the fish and they will be eager to taste the end result."

Cruising along to the fishmonger or supermarket fish counter could be a good start for grown up fish eaters too. Mitch Tonks, founder of the award-winning Fishworks restaurants, says: "Be adventurous and try something you've never tried before like pollack, coley, crab or megrim."

"Locally sourced produce is usually the freshest and most delicious. Mackerel, herring and sardines are all abundant around our coasts, and are full of omega 3 which help keep our hearts healthy."

Mitch Tonks's Cod Steaks with Potato Gnocchi, Chilli & Rich Tomato Sauce



Ingredients (Serves four)

1 small onion, finely chopped
1 clove garlic, finely chopped
olive oil
2tbsp red wine
1tbsp balsamic vinegar
200ml tomato passata
1 fresh tomato, roughly

chopped

1 mild fresh red chilli, finely
chopped
vegetable oil
4x 165g cod, or hake, or monk-
fish, steaks
sea salt and freshly ground
black pepper

200g ready-prepared potato
gnocchi
some fresh parsley, chopped

To prepare:

First make the tomato sauce. Gently fry the onions and garlic in a few tablespoons of olive oil for about 20 minutes until lightly golden and soft.

Add the red wine and allow to boil until almost nothing is left, then do the same with the balsamic vinegar.

Mix in the passata, tomato and chilli, then add a little water and continue to cook until the tomato is melted and you have a rich sauce.

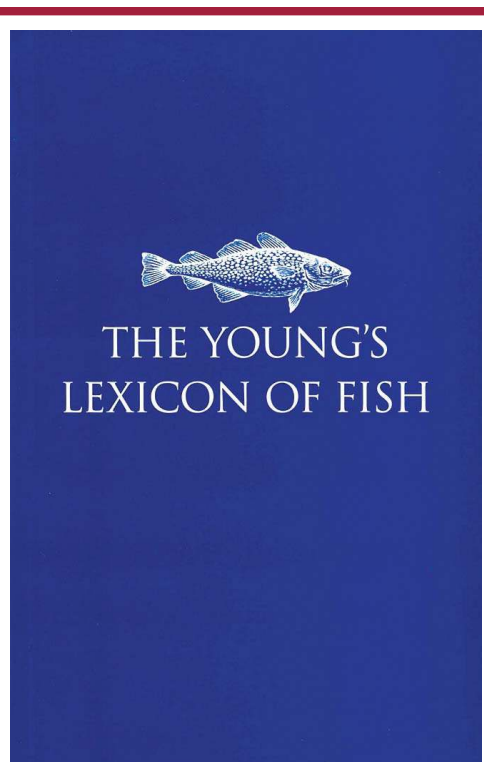
Heat some vegetable oil in a frying pan suitable for the oven. Sprinkle the cod with sea salt and fry until golden on the flesh side.

Place the whole pan in the roasting oven for 4-5 minutes to finish the cooking.

Cook the gnocchi in plenty of boiling salted water until they float to the surface. Drain and sit them into the sauce. Add some chopped parsley and some lemon juice.

Remove the cod from the oven. Place a few tablespoons of the gnocchi and sauce in each bowl. Peel the skin off the cod, sit it on top of the gnocchi and sauce. Sprinkle with a little sea salt and some lemon juice.

Serve immediately.



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- * Mussels are the world's most popular seafood. They can live for up to 100 years and measure eight inches!
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- * Ensure you only buy fish that comes from environmentally sustainable sources by looking for fish marked with the blue Marine Stewardship Council logo. Visit www.seasfish.org for more information.
- * Flummoxed by fish? Dive into a comprehensive pocket-size guide to the texture and taste of 98 different fish in The Young's Lexicon of Fish (£6.99/€10). Available online from: www.youngs.co.uk and from www.booksforcooks.com or www.gladstonescookbooks.com

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Antony Worrall Thompson's Oriental Crispy Mackerel



Ingredients (Serves two)
vegetable oil, for deep frying
2 boneless mackerel, about 150g (5ozs)
salt
arrowroot for dusting
4 whole spring onions
4 stems of fresh coriander
4 stems fresh leaf parsley
For the sauce
2tsp honey
1tsp salt
5tsp cider vinegar
3tsp mirin or dry sherry
3tsp light soy sauce
200ml dashi or fish stock
Garnish - coriander, parsley and 1tbsp chopped cashews
Serve on steamed bok choy

To prepare:

First make the sauce by placing all the ingredients together in a saucepan and place over a low heat. Bring to just below boiling point, strain and keep warm.

Heat a medium saucepan of oil 8-10cm deep. Season the mackerel with salt and dust in the arrowroot, then fry in the hot oil for 2-3 minutes. Remove and allow to drain on kitchen paper.

Next, fry the whole spring onions for 30 seconds. Remove and allow to drain.

Add the coriander and parsley stems to the hot sauce for a few seconds to let them soften.

Place the mackerel in a shallow bowl on a bed of steamed bok choy and pour a little of the sauce around them. Arrange some coriander and parsley and the fried onion on top of the fish and garnish with the cashews nuts.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Alcanil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Vila Palmeira at Meia Praia, Lagos is situated just before you reach the Palmares Golf course. This luxury estate needed its own restaurant and last July owners Karin and Vincent opened this select little jewel overlooking the sea. Enjoy lunch in the downstairs Bistro with a delicious selection of soups and sandwiches, salads or a light meal, or dine upstairs in the evening from the wide selection of starters and main courses. Try Pumpkin Cream to start followed by Chateaubriand with truffle juice for two, or Cataplana with monk-fish, mussels and potatoes. There are a selection of delicious desserts and cheeses, the house wine is very good and the wine list is superb.

Faja Lobi is in fact an indigenous flower of Suriname and the words mean fiery passion, which is how chef Farida approaches her love of cooking, using recipes learnt from her mother and grandmother. Recently opened in Alvor and believed to be the first and only such restaurant in the Algarve dishes are largely influenced by Indonesian cuisine, though Farida and her husband Peter are happy to make dishes as spicy or mild as clients wish. There are smoking and non-smoking rooms, plus a 'happy hour' between 5pm and 7pm with Dutch and Suriname snacks. See their ad. below for some main course suggestions. Reservations are advised.

O Meu Limão Tapas & Wine Bar is located just in front of the Golden Chapel in a quiet, tree-lined, pedestrian square in Lagos. Your host José welcomes you to his eatery, offering a good breakfast menu as well as tapas and fullsize dishes. Food is served all day from 9.30am to 2am. The Portuguese and international dishes are all freshly prepared by the Portuguese chef, who has world wide experience, all are reasonably priced. Vegetarians have not been forgotten and they have an excellent wine list. Situated in an ancient building, it has a light and airy Mediterranean ambience, which is enhanced by the blue and white tiles. You can choose to eat inside or outside and just relax and watch the world go by.

Luxurious Coffee Milkshake

This is one for coffee addicts and delicious whether it's summer or winter.

Food writer Susannah Blake has conjured up a Coffee and Vanilla Milkshake with Hot Chocolate Sauce, one of the treats in her new book, *Coffee Indulgences* [Pub: Ryland Peters & Small].

She warns, "The sauce thickens as it cools, so work quickly once you've made it - it should be the perfect drizzling consistency when you pour it into the milkshake."

It serves one and the ingredients are:

3tbsp espresso, cooled;

240ml ice-cold milk; 2-3 scoops good quality vanilla ice cream. For the hot chocolate sauce; 1tbsp golden syrup; 3tbsp double cream; 2tsp cocoa powder.

To make the hot chocolate sauce, put the golden syrup, cream and cocoa powder in a pan and heat gently, stirring, until the mixture just begins to bubble. Remove from the heat.

Put the espresso, milk and one scoop of the ice cream into a blender and blitz to combine.

Pour the mixture into a tall glass, add one or two more scoops of ice cream and drizzle over the chocolate sauce.

Serve immediately.



Christmas is coming - have you booked your advertising?
If your restaurant is special and you want our readers to know, call Bella for all your marketing requirements on 914 393 736.

Have a four course meal for only €12.50 pp (excluding drink)

Faja Lobi
International and Surinam Restaurant

Some of our Surinam Main course suggestions:

Roti with chicken curry
Nan bread stuffed with yellow lentils, chicken curry, curried egg, Surinam french beans (kouseband) and curried potatoes

Nasi Goreng with satay chicken
Fried rice with soya sauce, chicken satay with peanutbutter sauce

Tournedos with pepper sauce
Fillet of beef grilled with pepper sauce, vegetables, baked potatoes and salad

Gamba Tempura
Fried Shrimps in tempura flour with fresh spinach salad with oriental dressing.

Reservation is recommended

Non-Smoking Room

HAPPY HOUR from 17.00-19.00 with Dutch and Surinam Snacks

Open every day from 11.00 - 23.00,
Urb. da Dourada, Lote 1,
8500-053 Alvor
E-mail: fajalobi@sapo.pt
Tel / Fax: 282 414 133
Mob: 918 838 484

Lagos Penina
Alvor
Camping
Quinta Nova
Faja Lobi International and Surinam Restaurant

A Taberna
RESTAURANTE & BAR

Located at Parque da Floresta's new golf village, Quinta da Encosta Velha, next to Budens off the EN125

Á la carte menu with daily specials. Portuguese tapas and snacks during the day. Banquets and parties catered for.

Open 10h00-23h00 (lunch from midday)
For reservations and enquiries please call 282 690 505

www.vigiagroup.com

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"His passion for food is as obvious as his culinary creativity and genius" - *Portugal News*

WWW.BISTRO-DES-ARTES.COM
Rua Calvario 69 - Alcanil (see site for routemap)
tel 289-395 114 • mob: 967 785 601 • closed Monday

Problems with the white bits!



White breed dogs - Bichon Frise, Westies and Poodles; are very prone to stained fur around their mouth and their eyes. This is caused when tears or saliva stain the coat due to an imbalance in the acid-alkali balance of the tears and saliva - when the P_h is too acid this is when the problem occurs, so this needs to be neutralised.



Poodle



Bichon Frise



Westie

There are products available that can remove this staining once it occurs, by rubbing the product into the stain daily until it disappears and then continuing on a daily basis to stop it re-occurring.

www.teamtiffanys.com



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There are less than 10 weeks until Christmas!!
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We are opposite the Roman Bridge in Silves, next to Suzies Bar

Tel: 282 443 170

Jan: 916 273 376

BREED OF THE WEEK



Curly Coated Retriever

Country of Origin

Great Britain

Original Uses

Waterfowl Retrieval

Weight Range

32-36kgs.

Height Range

64-69cms

Coat Length

Tightly curled

Lifespan

12-13 years

Good with children

Yes

This breed is believed to have been developed about 200 years ago and has been recognized as one of the oldest retrieving breeds. This breed loves the water and has an excellent nose. It has good retrieving abilities and can dive to track game through the water.

They are an intelligent breed which likes to learn. A great dog for someone who would like to take up dog obedience, flyball or agility with their dog. They can be sometimes aloof with strangers but are usually very loyal and affectionate with their owners and family

*Protect your pets
with knowledge.*

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Julie Pickering

Possibly a better way of making the problem less likely to occur, is to re-align the P_h balance at source. **Dorwest Herb's Mixed Vegetable Tablets**, contain greenleaf herbs which provide effective treatment by re-balancing the bodies P_h and solving the problem. A daily dose of one tablet per 10kgs bodyweight will normally be sufficient to see results. Garlic Tablets or Garlic & Fenugreek Tablets may also be given especially if an infection is suspected.

*Protect your pets with
knowledge.*

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Julie Pickering

The Portugal News



Anyone want a puppy?



Lily is all white, beside her is Merri, her sister and behind is Bluey, a boy with one blue eye and one brown eye.

Lily is more independent, Merri is happy go lucky and Bluey is a calm little chap.

They are about 2 months old and about to have their 1st vaccination.

If you would like to get to know them better, please ring 282 332 621.

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North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt



UNTIL 30 MARCH 2008



Exhibition 'Robert Rauschenberg: Em viagem 70-76' at Museu de Serralves • 1st presentation in Portugal of the internationally acclaimed North-American artist Robert Rauschenberg • Includes 65 works using simple materials like metal, cardboard and cloth • Serralves Museum • Tel: 226156500 / 543 / 584

Centre



CASCAIS

DAILY

Cascais Cultural Centre • Open from 10h00 to 18h00 (closed on Mondays) • Av. Rei Humberto II de Itália • 214848900

DAILY

Sea Museum – Rei D. Carlos • Guided tours: 214825081 • Rua Júlio Pereira da Mello in Cascais • Open: from 10h00-19h00; closed on Mondays and Public Holidays • 214825400

ESTORIL

25 NOVEMBER

Concert by the acclaimed Brazilian singer Maria Rita Salão Preto e Prata at of Casino Estoril • 20h30 • Price: €80 • Reservations: 214667700 • Praça José Teodoro dos Santos • Email: info.cestoril@estoril-sol.com • www.casino-estoril.pt



LISBOA

UNTIL 11 NOVEMBER



Bugs Bunny on Ice 'Around the World in 80 Minutes' • Campo Pequeno • Sat & Sun at 11h00, 15h00 & 19h00 • www.ticketline.pt

28,29,30 Nov & 1,2 Dec



For the 1st time in Portugal CIRQUE DU SOLEIL • Pavilhão Atlântico • 21h30 (1 & 2 Dec also at 17h00) • Prices from €35 to €75 • www.ticketline.pt

DAILY



Tapestries Exhibitions • Galeria Tapeçarias de Portalegre (Portalegre Tapestries Gallery) • The gallery has permanently on display an exhibition of tapestries from several artists, which changes every two months. Most of the works are ready for immediate delivery • Rua da Academia das Ciências, 2J • 213421481 • galeria@mtportalegre.pt • www.mtportalegre.pt

9,10 NOVEMBER



Caetano Donizetti's Opera L'Elisir d'Amore (The Elixir of Love) • Coliseu do Porto • 21h30 • Tickets: From €10 to €40 • Information and Reservations: 707234234 or call directly the Coliseum on 223394949 • Rua Passos Manuel, 137 • www.coliseudoporto.pt • www.ticketline.pt

GUIMARÃES

UNTIL 17 NOVEMBER

'Guimarães Jazz' by Pharoah Sanders & Ravi Coltrane Quartets and Orrin Evans Quintet & others • 22h00 • Grand Auditorium of Centro Cultural Vila Flor • Prices from €10 to €15 • Av. D. Afonso Henriques, 701 • 253424700 • www.aoficina.pt



DAILY



Oceanário de Lisboa • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002/06

UNTIL 15 DECEMBER



LISBOA 30 OUT. a 15 DEZ. 2007 CCB - CULTURGEST - TEATRO DA POLITECNICA - 208 - BISA 33 HNAC - MUSEU DO CHICAGO - MARIA MATOS TEATRO MUNICIPAL MUSEU COLECÇÃO BERNARDO - CINEMATICA PORTUGUESA - LUX A IMAGEM encontra O PALCO www.tempsdimages-portugal.com

SINTRA

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150



ALBUFEIRA

DAILY



Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 1030 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

ALCANTARILHA

DAILY

Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

ARMAÇÃO DE PERA

MONTHLY



Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

CARVOEIRO

1 DECEMBER

St. Andrew's Ball at Hotel Tivoli Almansor • Dancing will be to the music of "Sound of Islay" • Please contact Cathy on 919635246 for tickets

LAGOA

13,14 NOVEMBER

Dance Workshop 'Uma Bailarina na...' by Aldara Bizarro • Municipal Auditorium • 282380434

UNTIL 29 NOVEMBER

Exhibition "Visita Real ao Algarve (1897)" (Royal Visit to the Algarve) • Monday to Friday from 9h00 to 17h30 at the Arquivo Municipal de Lagoa

LOULÉ

16 & 17 NOVEMBER

Concerts by Orquestra do Algarve (Algarve Orchestra) • 16 Nov: Cine-Teatro Louletano, 21h30; 17 Nov: Matrix Church, 21h30 • Works from Prokofiev & Mozart • 289860890 • www.orquestradoalgarve.com

FARO

10 NOVEMBER

Tango by the Argentinian Quintet 'Tango Quatro' • 18h30 • Municipal Theatre • 289888110



South



MOVIES LARGE POSTERS AUCTION

The Auction will take place on 'OS ARTISTAS' (THE ARTISTS), Rua do Montepio nº 10 in Faro, on Saturday, 10th November, at 15h00 (sharp). Auction of a total of 250 large movie posters, produced in Portugal, U.S.A., France, UK, Spain and Norway, with sizes that range between 40x60cm and 120x160cm (gigantic). The Auction Base Price for the "one-sheets" (68 x 102cm) continues to be only €0,20 euros (20 cents).

Information and images at: Cineclube de Tavira - www.cineclube-tavira.com - Rua Guilherme Gomes Fernandes 5, P-8800-669 TAVIRA andreviane@gmail.com - cinetavira@yahoo.com Tel/Fax: +351281 320 594 (office)



Hang on to your hat, it's THE...

Car Boot Sale AT QM Garden Centre



on road from **Stª Bárbara to Estói**

Saturday, 10th November - 10h00 to 15h00

Cars or Stalls - 5 euros

Free entrance / Free Mini Golf / Free Bowling Bar - Food - Fun

Any enquires to Gerry or Cristyl on 289 999 613

JOINT EXHIBITION IN LAGOS 'ARMAZÉM 2'



Acclaimed artist David Haines and renowned photographer João Carronda are to host yet another exhibition featuring their outstanding works, alongside those of the inmates of Faro prison. The exhibition will run until 15th November. For more information, contact David Haines on: 968 290 627

MUSIC

60's Night at the Well Manta Rota on Thursday, 8th November, featuring the music of the Beatles. For more information call 913595868 or e-mail moonlightservices@yahoo.co.uk

BENEFIT ACTORS & 100 PALAVRAS Teatro Experimental de Lagos presents in English presents in Portuguese



Death and the Maiden

a psychological thriller by ARIEL DORFMAN

Directed by JOHN MOUNTFORD

AUDITÓRIO MUNICIPAL DE LAGOA

English Production: 16th November, 2007 at 20:30
18th November, 2007 at 16:00
Portuguese Production: 17th November, 2007 at 21:30

Tickets - €10

Reservations:
English - 91-635 0182
Email: benef.actors.pt@gmail.com
Portuguese - 96-264 7337
Email: 100palavras@gmail.com
Convento São José - 282-380434
Email: convento.sjose@cm-lagoa.webside.pt

Benefit for CASTELO DOS SONHOS
Com o apoio da Câmara Municipal de Lagoa



WALKS

Every Friday - East Algarve Walks
For more info: 913 595 868
moonlightservices@yahoo.co.uk

LIVE CONCERTS

Editors

Editors are an English indie rock band from Birmingham, consisting of Tom Smith (lead vocals, rhythm guitar, piano), Chris Urbanowicz (lead guitar and synth), Russell Leetch

(bass guitar and backing vocals), and Ed Lay (drums, percussion and live backing vocals). In 2006, Editors were nominated for the Mercury Prize.

November 16th at Lisbon Pavilhão do Restelo from 9pm. Tickets: €30.



Da Weasel

Da Weasel is a Portuguese hip-hop band from Almada. They are fronted by MCs Pacman and Virgul. Da Weasel is one of the oldest hip-hop projects in Portugal, having

started in 1993. They are notorious for being a full session band, instead of relying on a DJ and samples. Their music uses elements from hard rock, pop and ska.

Pavilhão Atlântico in Lisbon on November 10th. Tickets: €15 - €25.

David Creevy - Back in the Algarve

David Creevy, the talented Irish classical guitarist is making a very welcome return visit to the Algarve to play 2 concerts; one on 15 November at 20:30 in the Museum in São Brás and the second on 16 November at 20:00 in Carvoeiro Clube de Ténis. The St Patrick's Society of the Algarve organised the highly successful short tour of the Algarve last year where David played to full houses and received standing ovations for his masterly performances. David, who studied with Christopher

Parkening, one of the great Segovia's pupils, has won many awards and competitions both in Ireland and the USA with his fittingly entitled programme, 'Tribute to Segovia'. On this visit to the Algarve David will be playing his new and varied programme entitled "Sail through Twilight" which will include works composed by Yocoh (Japan), Villa Lobos and Segovia (Spain), Barrios Mangore (Paraguay), Domeniconi (Italy), Merlin (Argentina) and J. S. Bach. Early booking recommended.

For more information/tickets: Jim 282 431 595 (Carvoeiro concert): admin@amigos-museu-sbras.org/966 329 073/289 845 452 (São Brás concert).



TALKS

Eça de Queiroz

Considered one of the greatest novelists of the 19th century José Maria Eça de Queiroz, or simply Eça de Queiroz as he is better known, was born in 1845 in Póvoa de Varzim, a small fishing town, as the illegitimate son of a prominent magistrate.

Author of several novels, most translated into English, Eça published great works of literature, some of which would not go into print until after his death in 1900. Among others The Maias, one of his best known novels, was written during his 15 years working as a consul in England, a country he often analysed as fiercely as he did his own.

A great observer and a critic, Eça's writing is stylish but not heavy. With a great dosage of humour and a pinch of cynicism, his novels and texts are far from belonging in the past. While

reading his work one realises, almost shockingly, that the past is still happening today.

Find out more on **November 15th**, Dr. Ana Luísa Vilela, a lecturer at the University of Évora will be at the Hotel Garbe to unveil the author behind the books. Holding a doctorate in Portuguese Literature and having specialised in Queiroz's work, Dr. Ana Vilela has published various articles about this author in Portugal and abroad.

This is a great opportunity for everyone who wants to take a closer look at Portugal and its society: looking at the past to understand the present. For those of you who are already familiar with Eça's works – and many books have been sold here in the Algarve – this is an excellent opportunity to learn a bit more.

Ticket: €34 (includes lunch) - available from Magna Carta Bookshop. Call 282 496 001. Booking in advance is necessary.

DANCE

Shall We Dance – a series of duets

A series of plays are due to be held later this week at the CAPa Performing Arts centre in Faro by the 'Teatro Praga' group during the 'Shall We Dance' programme. The plays will include: 'Off the White' by Paula Diofo

and Alexander Kelly, which will be mainly in English; 'Geografias e Tratados' by Sofia Ferrão, Nuno Carinhas in Portuguese and 'Hunting Scene' by Cláudia Gaiolas, Daniel Worm D' Assumpção.

November 16th and 17th at CAPa in Faro from 9.30pm. Under 12's not allowed. Call 289 828 784.

Shall We Dance - workshop

Ever wanted to move like a dancer, or act like the stars? A series of exercises held by SWD will help you understand the how's

and why's of the performing arts. If you would like to take part in this workshop, please book your place as soon as possible.

November 17th and 18th at CAPa in Faro from 10am to 1pm and 4.30pm to 8.30pm. Call 289 828 784 or 918 703 416.

FAIRS

St Martin Fair

Portimão celebrates St Martin's Day (São Martinho) by once again staging this age-old fair. Entertainment is guaranteed with people exhibiting

footware, jewellery, toys, chinaware and much more. In keeping with tradition, roast chestnuts 'agua-pé', farturas and pop-corn and much more.

November 9th – 18th at Fair and Exhibition grounds of Portimão. Call 282 470 700.

Advertise your company on the radio!

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We are still receiving contributions for our special anniversary issue so we have decided to present our readers with a **BUMPER CELEBRATION NEWSPAPER** for our final edition of the year on December 22nd.

This Christmassy issue will include memories, photographs, stories and articles about the past 30 years in Portugal.

If you have anything to contribute, please email to sherry@the-news.net, post to Sherry Hughes, The Portugal News, Apt 13, 8401, 901 Lagoa, or fax to us on 282 341201.

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

THEATRE

ENTERTAINMENT

Death and the Maiden

In November, this year, theatre audiences in the Algarve will be treated to a unique event. The Lagoa Auditorium presents the Ariel Dorfman play 'Death and the Maiden' which will be presented in both English and Portuguese, using two sets of cast members. The Portuguese title of the play is 'A Morte e a Donzela'.

John and Barbara Mountford, who were responsible for the acclaimed performance of Nicky Moran's play 'Lights Out' at the Quinta do Paço in 2006, will produce this combined event. John Mountford will direct both the English and Portuguese casts.

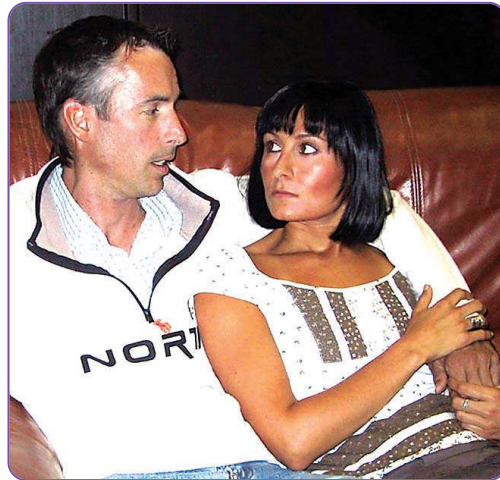
Noteworthy too is that all proceeds from this combined production will be donated to the local charity 'Castelo de Sonhos' and for support of Portuguese cultural development.

The combined production will join the efforts of the Portuguese theatre group '100 Palavras' and a newly formed group 'Benef*Actors'; the latter headed by John and Barbara. The intention is that all proceeds from future Benef*Actors productions will be made available for other selected local charities.

Those who enjoy movies might remember the Roman Polanski film version of the play starring Sigourney Weaver, Ben Kingsley and Stuart Wilson. In summary, it is a psychological thriller in which a woman, who was imprisoned, raped and tortured under the auspices of a military dictatorship, thinks she recognizes her chief interrogator as he visits her home. She ties him up and begins a psychological interrogation, trying to get him to

admit his guilt. Her lawyer husband, recently named to head up a Commission to investigate crimes committed by the fascists, is trapped in a three-way

polemic. If you love drama this is a must-see production, which will run from 16 till 18 November. Please note that the play contains strong language.



Adela Zander (Clark) and Paul Capper

English production: November 16th and 18th at 2pm and 8.30pm. Portuguese Production: 17th November 9.30pm. Tickets: €10. For reservations, call Hetty Baart 916350182 or mail to: benef.actors.pt@gmail.com

CELEBRATION

La Dolce Vita 20th Anniversary Gala

La Dolce Vita opened its doors in 1987 in Almancil Algarve. It was named after the great Fellini masterpiece, and has become inseparable from the figure of Marité, its passionate and dynamic creator. Italian by birth and inclination, French by education, she lived and worked in London for 12 years before moving to the much quieter Algarve through a set of circumstances, rather than by choice. Aside from a very personal (some would say peculiar) way of dressing, nothing in her background would have led anyone to believe that La Dolce Vita would be anything but a total disaster. In actual fact, she recalls the bluntly told several times, at the very beginning,

that she had the wrong product, in the wrong location, in the wrong country!

What started as a tiny homemade shop has grown into a glamorous emporium and never at any time could you merely call it a "clothes shop". Entering La Dolce Vita for the first time is quite breathtaking, many describe their first experience as discovering a treasure cove. The clothes are a delight to the eyes, the decoration by Interior designer Pascal a sumptuous mixture of Italian baroque and Arabian delight.

The overall feeling of cooed and unpretentious luxury eases tensions and relaxes the mind, the moment one steps through its doors, whether to purchase something or merely

have a chat and a glass of wine. It is a perfect place to linger, and so it should be, as it is intentionally impossible to see its quite extended range in a hurry...

The garments, mainly from Italy, are always chosen for their lasting beauty rather than for a famous signature or the whims of the season's colour or cut. Marité's ambition has always been that most of them should become treasured pieces of lasting beauty, to be worn time and time again, over the years. Many are the pieces that were sold at the very beginning that her clients occasionally still wear, fondly and proudly referring to them as their "Vintage" Dolce Vita.

On November 17th, Marité will celebrate the 20th anniversary of La Dolce Vita at the Casino de

Vilamoura. On the stage, a sumptuous carnival of fashion, music and dance will be directed by long time friend and collaborator Arcanjo. Renowned national models will perform, and special guest appearances by singers Bruno Mariano, Nuno Guerreiro and Bonnie Tyler will complete the show. From 19.30, the Casino will dress up with the colours of La Dolce Vita and more than 400 people amongst which Actors Ricardo Pereira and Marco Delgado, Fatima Preto, but also Maria Joao Bastos, Margarida Vilanova and Antonio Cerdeira, São José Correia, are expected to walk the red carpet to the cocktail and dinner that will make this colorful "Commedia dell'Arte", a night to remember.

November 17th. Tickets: €65 on sale at La Dolce Vita, 262 rua Vale Formoso, Almancil. For more information and reservations, call 289 397 581, e-mail info@ladolcevita.pt. Dress code: glamorous.

COMING SOON

BOX OFFICE

COMING SOON

NOVEMBER

NOFX, The Loved Ones, Easyway, Humble - November 18th at Carcaveiros Pavilhão Desportivo da Quinta dos Lombos from 6pm. Tickets: €25.
Marilyn Manson + Turbonegro - November 19th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €30.
Jorge Palma - November 20th at Lisbon Coliseu. Tickets: €17.50 - €35.

DECEMBER

Scorpions - December 4th at Lisbon Pavilhão Atlântico from 9.30pm Tickets: €29 - €42. December 6th from 9.30 at Guimarães

Mavião Multisus. Tickets: €30 - €40.

Xutos e Pontapés - December 8th at Lisbon bullring in Campo Pequeno from 11pm. Tickets: €5.

Paulo Gonzo - December 10th at Lisbon Casino from 10.30pm. Entrance is free.

Carmen - December 15th at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €22.50 - €100.

The Gift - December 31st at Lisbon Casino from 10.30pm. Entrance is free.

JANUARY

Babysambles - January 8th at Lisbon Coliseu. Tickets: €20.

from 11am to 3pm. Tickets: €20 - €35.
November 25th at Oporto Coliseu in Oporto from 11am to 3pm. Tickets: €18 - €35.

Sleeping Beauty Ballet - This show has been described as representing a 'Ballet Symphony'. November 22nd - 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets:

LIVE CONCERTS

Strauss Orchestra Festival - January 4th, 5th at Lisbon Coliseu from 9.30pm. Tickets: €10 - €45.

FEBRUARY 2008

Korn - February 27th from 8pm at Pavilhão Atlântico. Tickets: €25 - €35.

MARCH 2008

The Cure - March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

Alicia Keys - March 19th at Pavilhão Atlântico. Further info TBA.

APRIL 2008

Nightwish - April 18th in Oporto Coliseu. April 19th at Lisbon Coliseu. Further info TBA.



LIVE SHOWS

€12.50 - €37.50.

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.

FEBRUARY 2008

Tap Dogs - Tap Dogs are currently

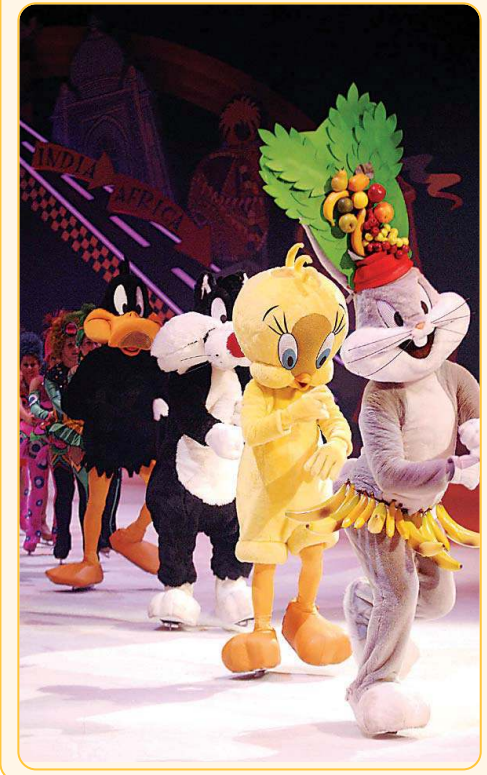
taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 to €35.

Bugs Bunny on Ice

'Around the World in 80 Minutes Show' is a show based on the bestseller by Jules Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety,

Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice.

November 1st - 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.



The Artist's Workshop

Come & Enjoy a day of Creativity!

Tile Paintings

Paint your own design on a tile or bowl!
Every Thursday
10.30am - 4.30pm

Silk Painting

Work & watch the exciting effects of paint on silk.
Every Tuesday
10.30am - 4.30pm

For more information:

Tel: 282 911 519

965 049 722

yvonneshlough@hotmail.com



St. Andrew's Ball

The St. Andrew's Ball will take place on Saturday 1st December, at the Hotel Tivoli Almancor. Dancing will be to the music of "Sound of Islay". Please contact Cathy on 919635246 for tickets.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt; www.ticketline.pt (Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu))

ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
8 NOV-14 NOV

1 **The Invasion**
Nicole Kidman, Daniel Craig
14.45-17.00-19.25-21.45 (00.00 Fri & Sat)

2 **Shark Bait**
Animation PV
(10.45-12.45 Sat & Sun)

3 **Bratz**
Logan Browning, Janel Parrish
(10.50 Sat & Sun) 13.10

The Brave One
Jodie Foster, Terrence Howard
15.40-18.30-21.10 (23.50 Fri & Sat)

4 **Elizabeth: The Golden Age**
Cate Blanchett, Geoffrey Rush
(10.40 Sat & Sun) 13.15-15.50-18.25-21.00 (23.35 Fri & Sat)

5 **Corrupção**
Nicola Breyner, Rita Blanco
(11.35 Sat & Sun) 14.05-16.30-18.55-21.20 (23.45 Fri & Sat)

6 **30 Days of Night**
Josh Hartnett, Melissa George
(11.30 Sat & Sun) 14.05-16.40-19.15-21.50 (23.45 Fri & Sat)

7 **Resident Evil: Extinction**
Milla Jovovich, Oded Fehr
14.40-16.55-19.10-21.30 (23.40 Fri & Sat)

8 **Ratatouille**
Animation PV
(12.10 Sat & Sun)

9 **War**
Jet Li, Jason Statham
13.05-15.10-17.15-19.30-21.40 (23.55 Fri & Sat)

10 **Knocked Up**
Seth Rogen, Katherine Heigl
13.00-18.40 (00.30 Fri & Sat)

11 **Domino**
Keira Knightley, Mickey Rourke
15.50-21.35

12 **The Seeker: The Dark is Rising**
Alexander Ludwig, Christopher Eccleston
(10.20-12.40 Sat & Sun) 15.00-17.20

13 **Rush Hour 3**
Jackie Chan, Chris Tucker
22.00

14 **The Kingdom**
Jamie Foxx, Jennifer Garner
19.35 (00.15 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
8 NOV-14 NOV

1 **Corrupção**
Nicola Breyner, Rita Blanco
13.30-15.30-17.35-19.40-21.40-00.15

2 **No Reservations**
Catherine Zeta-Jones, Aaron Eckhart
13.50-16.00-18.30-21.50-00.10

3 **Knocked Up**
Seth Rogen, Katherine Heigl
13.40-16.10-18.40

4 **Resident Evil: Extinction**
Milla Jovovich, Oded Fehr
22.00-00.20

5 **Rush Hour 3**
Jackie Chan, Chris Tucker
14.20-16.40-19.10-21.10-23.40

6 **The Brave One**
Jodie Foster, Terrence Howard
14.00-16.20-18.50-21.20-23.50

OV = Original Version
PV = Portuguese Version

6 **Elizabeth: The Golden Age**
Cate Blanchett, Geoffrey Rush
14.10-16.30-19.00-21.30-00.00

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
8 NOV-14 NOV

1 **30 Days of Night**
Josh Hartnett, Melissa George
13.10-16.05-19.00-21.30-00.00

2 **Corrupção**
Nicola Breyner, Rita Blanco
13.00-15.10-17.20-19.30-21.40-00.15

3 **Resident Evil: Extinction**
Milla Jovovich, Oded Fehr
13.50-16.20-18.45-21.00-23.30

4 **Evening**
Meryl Streep, Glen Close
13.15-15.50-18.35-21.15-23.55

5 **Ratatouille**
Animation PV
13.25-16.00

6 **Knocked Up**
Seth Rogen, Katherine Heigl
18.25-21.10-23.50

7 **The Invasion**
Nicole Kidman, Daniel Craig
13.40-16.40-19.00-21.30-00.10

8 **Elizabeth: The Golden Age**
Cate Blanchett, Geoffrey Rush
13.30-16.10-18.40-21.20-00.05

9 **War**
Jet Li, Jason Statham
14.00-16.30-18.50-21.35-00.10

10 **Rush Hour 3**
Jackie Chan, Chris Tucker
13.20-16.50-19.05-21.50-00.20

LUSOMUNDO
VILAMOURA
TEL: 289 302 277
8 NOV-14 NOV

Corrupção
Nicola Breyner, Rita Blanco
15.30-18.30-21.30

CENTRE

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
8 NOV-14 NOV

War
Jet Li, Jason Statham
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

30 Days of Night
Josh Hartnett, Melissa George
Corrupção
Nicola Breyner, Rita Blanco

Meet the Robinsons
Animation PV 3D
Bratz
Logan Browning, Janel Parrish

Rush Hour 3
Jackie Chan, Chris Tucker
War
Jet Li, Jason Statham

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicola Breyner, Rita Blanco

Sicko
Documentary
Ratatouille
Animation PV

Blind Dating
Chris Pine, Eddie Kaye Thomas
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Domino
Keira Knightley, Mickey Rourke

Bratz
Logan Browning, Janel Parrish
The Brave One
Jodie Foster, Terrence Howard

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Rush Hour 3
Jackie Chan, Chris Tucker

Knocked Up
Seth Rogen, Katherine Heigl

MILLENNIUM
ALVALÁXIA
TEL: 21 754 9000
8 NOV-14 NOV

War
Jet Li, Jason Statham
30 Days of Night
Josh Hartnett, Melissa George

Corrupção
Nicola Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Zidane, Un Portrait du 21e Siècle
Documentary
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

Domino
Keira Knightley, Mickey Rourke
Bratz
Logan Browning, Janel Parrish

The Invasion
Nicole Kidman, Daniel Craig
Shark Bait
Animation PV

The Brave One
Jodie Foster, Terrence Howard
Blind Dating
Chris Pine, Eddie Kaye Thomas

Odette Toulemonde
Catherine Frot, Albert Dupontel
Je Crois que Je L'Aime
Vincent Lindon, Sandrine Bonnaire

Rescue Dawn
Christian Bale, Steve Zahn

LUSOMUNDO
AMOREIRAS
TEL: 707 246362
8 NOV-14 NOV

Corrupção
Nicola Breyner, Rita Blanco
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

The Brave One
Jodie Foster, Terrence Howard
A Outra Margem
Filipe Duarte, Maria D'Aires

Rescue Dawn
Christian Bale, Steve Zahn
Sicko
Documentary

Odette Toulemonde
Catherine Frot, Albert Dupontel
Shark Bait
Animation PV

Knocked Up
Seth Rogen, Katherine Heigl

LUSOMUNDO
CASCAISHOPPING
TEL: 707 246362
8 NOV-14 NOV

Ratatouille
Animation PV
Meet the Robinsons
Animation PV 3D

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Bratz
Logan Browning, Janel Parrish

Rush Hour 3
Jackie Chan, Chris Tucker
War
Jet Li, Jason Statham

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Corrupção
Nicola Breyner, Rita Blanco

Sicko
Documentary
Fados
Documentary

The Brave One
Jodie Foster, Terrence Howard

LUSOMUNDO
COLOMBO
TEL: 707 246362
8 NOV-14 NOV

The Invasion
Nicole Kidman, Daniel Craig
Ratatouille
Animation PV

Domino
Keira Knightley, Mickey Rourke
Stardust
Charlie Cox, Peter O'Toole

Knocked Up
Seth Rogen, Katherine Heigl

Corrupção
Nicola Breyner, Rita Blanco
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

30 Days of Night
Josh Hartnett, Melissa George
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston

Rush Hour 3
Jackie Chan, Chris Tucker
War
Jet Li, Jason Statham

Bratz
Logan Browning, Janel Parrish
The Brave One
Jodie Foster, Terrence Howard

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

LUSOMUNDO
DOLCE
VITA MIRAFLORES
TEL: 707 246362
8 NOV-14 NOV

Corrupção
Nicola Breyner, Rita Blanco
The Invisible
Justin Chatwin, Margarita Levieva

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Shark Bait
Animation PV

Fados
Documentary

UCI CINEMAS
EL CORTE INGLÉS
TEL: 707 23 22 21
8 NOV-14 NOV

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Domino
Keira Knightley, Mickey Rourke

Knocked Up
Seth Rogen, Katherine Heigl
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

The Invasion
Nicole Kidman, Daniel Craig
30 Days of Night
Josh Hartnett, Melissa George

Rescue Dawn
Christian Bale, Steve Zahn
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston

Fados
Documentary
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Shark Bait
Animation PV (Sat & Sun)
The Kingdom
Jamie Foxx, Jennifer Garner

The Brave One
Jodie Foster, Terrence Howard
Corrupção
Nicola Breyner, Rita Blanco

Tiempo de Valientes
Diego Peretti, Luis Luque
Evening
Meryl Streep, Glen Close

UCI CINEMAS
FREEPORT
TEL: 707 23 22 21
8 NOV-14 NOV

Corrupção
Nicola Breyner, Rita Blanco
The Invasion
Nicole Kidman, Daniel Craig

Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

30 Days of Night
Josh Hartnett, Melissa George
Ratatouille
Animation OV

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Rush Hour 3
Jackie Chan, Chris Tucker

Everyone's Hero
Animation
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston

The Brave One
Jodie Foster, Terrence Howard
The Kingdom
Jamie Foxx, Jennifer Garner

Knocked Up
Seth Rogen, Katherine Heigl

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362
8 NOV-14 NOV

Corrupção
Nicola Breyner, Rita Blanco
Meet the Robinsons
Animation PV 3D

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
The Invasion
Nicole Kidman, Daniel Craig

War
Jet Li, Jason Statham
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

Knocked Up
Seth Rogen, Katherine Heigl

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
8 NOV-14 NOV

Corrupção
Nicola Breyner, Rita Blanco
Resident Evil: Extinction
Milla Jovovich, Oded Fehr

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
War
Jet Li, Jason Statham

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Knocked Up
Seth Rogen, Katherine Heigl

Shark Bait
Animation PV
The Invasion
Nicole Kidman, Daniel Craig

The Heartbreak Kid
Ben Stiller, Michelle Monaghan

LUSOMUNDO
OERAS PARQUE
TEL: 707 246362
8 NOV-14 NOV

Odette Toulemonde
Catherine Frot, Albert Dupontel
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

30 Days of Night
Josh Hartnett, Melissa George
Knocked Up
Seth Rogen, Katherine Heigl

Corrupção
Nicola Breyner, Rita Blanco
The Invasion
Nicole Kidman, Daniel Craig

Resident Evil: Extinction
Milla Jovovich, Oded Fehr
The Brave One
Jodie Foster, Terrence Howard

LUSOMUNDO
VASCODAGAMA
TEL: 707 246362
8 NOV-14 NOV

Rush Hour 3
Jackie Chan, Chris Tucker
Bratz
Logan Browning, Janel Parrish

The Brave One
Jodie Foster, Terrence Howard
A Outra Margem
Filipe Duarte, Maria D'Aires

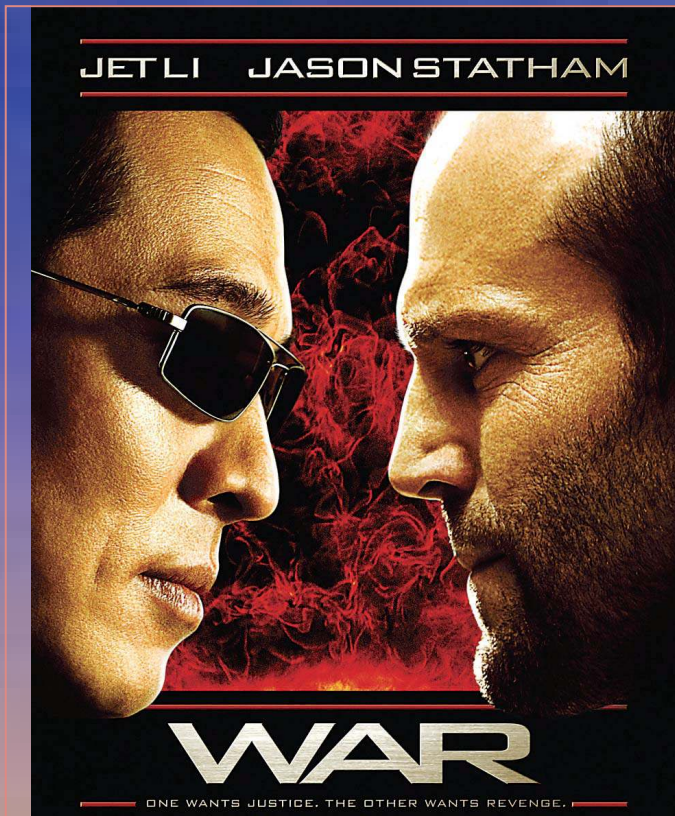
Evening
Meryl Streep, Glen Close
Corrupção
Nicola Breyner, Rita Blanco

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
Rescue Dawn
Christian Bale, Steve Zahn

Knocked Up
Seth Rogen, Katherine Heigl
War
Jet Li, Jason Statham

Fados
Documentary

OV = Original Version
PV = Portuguese Version



A full-throttle, martial arts thriller, Lionsgate's *War* stars Jet Li (*Fearless*, *Unleashed*, *The One*) and Jason Statham (*Crank*, *The Italian Job*) as two adversaries set on a violent collision course in the Asian mob underground. Produced by Steven Chasman, Jim Thompson and Christopher Petzel, *War* is directed by Philip G. Atwell from a script by Lee Anthony Smith and Gregory J. Bradley.

After his partner is brutally murdered by the infamous assassin Rogue (Jet Li), FBI agent Jack Crawford (Jason Statham) vows to find the elusive killer and personally avenge his partner's death.

But Rogue proves untraceable until three years later when he resurfaces to ignite a bloody turf war between Chinese mob leader Chang (John Lone) and Japanese Yakuza boss Shiro (Ryo Ishibashi).

Eager to capture Rogue once and for all, Crawford leads his team of crime specialists headlong into the conflict. But Crawford's thirst for vengeance jeopardizes his professional judgment, and as the violence escalates, Crawford finally comes face to face with his enemy to discover that nothing about Rogue or his plan is quite what it seems.



Producer Sam Raimi (*Spider-Man*) brings audiences the terrifying thriller *30 Days of Night*, set in the isolated town of Barrow, Alaska, in the extreme northern hemisphere, which is plunged into complete darkness annually for an entire month. When most of the inhabitants head south for the winter, a mysterious group of strangers appear: bloodthirsty vampires, ready to take advantage of the uninterrupted darkness to feed on the town's residents. As the night wears on, Barrow's Sheriff Eben (Josh Hartnett), his estranged wife Stella (Melissa George), and an ever-shrinking group of survivors must do anything they can to last until daylight.



Blind Dating is a hilarious comedy about Danny (Chris Pine), an intelligent, confident, handsome young man who also happens to be blind. Not that he's letting that hold him back for the most part, Danny refuses to let his visual impairment get in the way of anything. He's one of the most popular guys in town, and is even an ace at basketball. Which is why Danny's girl-crazy, limo-driving brother Larry (Eddie Kaye Thomas) is horrified to discover that Danny is not only shy and nervous when it comes to the opposite sex, he's also a virgin.

Determined to help Danny have his first sexual experience, his brother Larry sets up a series of hysterically disastrous blind dates with shallow girls that can't seem to get past his sight impairment. Danny is all but ready to give up on love, until he meets a pretty young East Indian nurse named Leeza (Anjali Jay), who works at the office of his eye doctor. The two seem made for each other...until Leeza reveals that she has been promised to another man in an arranged marriage.

Also starring Jane Seymour as Danny's psychologist (who has a penchant for disrobing during their sessions together), *Blind Dating* is a warm and funny story about overcoming the cultural boundaries, physiological differences, and above all, finding true love.



Odette Toulemonde



Objectively, Odette Toulemonde (Catherine Frot) has nothing to be happy about, but is. Balthazar Balsan (Albert Dupontel) has everything to be happy about, but isn't. Odette, awkwardly forty, with a delightful hairdresser son and a daughter bogged down in adolescence, spends her days behind the cosmetic's counter in a department store and her nights sewing feathers on costumes for Parisian variety shows. She dreams of thanking Balthazar Balsan, her favourite author, to whom, she believes, she owes her optimism. The rich and charming Parisian writer then turns up in her life in an unexpected way. A tale about the comic encounter between atypical survivors with nothing in common.

CELEB NEWS

American Gangster starring Denzel Washington and Russell Crowe, raked in \$43.6 million at the US box office in its opening weekend. The crime drama, while expected to perform well, outdid forecasts, doing more business in its opening weekend than any other film of its genre (crime drama) in film history. It was also the best opening for both Crowe and Washington. «»» Overseas, Disney/Pixar's *Ratatouille* remained the main dish for the fifth straight weekend as it added \$14.5 million to its total gross, which now stands at \$577 million worldwide (of which \$371.8 million is derived from overseas ticket sales), according to Daily Variety. The trade publication noted that it was the first time any film has held onto the lead at the foreign box-office since *Night at the Museum* accomplished that feat at the beginning of the year. «»» **Johnny Depp's** life is full of "mini-celebrations" now his eight-year-old daughter Lily-rose has been given the all-clear after her health scare earlier this year. The little girl was hospitalized in London, where she received treatment for an undisclosed ailment as her father started work on movie musical *Sweeney Todd: The Demon Barber Of Fleet Street*. Depp still isn't going into details about his daughter's illness, but he admits he can't be thankful enough that she pulled through. He tells Entertainment Weekly magazine, "Now every single millisecond is a mini-celebration. Every time we get to breathe in and exhale is a huge victory. She pulled through beautifully, perfectly, with no lasting anything." And Depp will always be grateful to director pal **Tim Burton** and the cast and crew of *Sweeney Todd* for their support. He adds, "Knowing that those people, Tim and the crew, shut down and stood by and waited... I didn't know if I was coming back. I remember talking with Tim, saying, 'Maybe you need to recast.'" Lily-Rose is Depp's daughter by long-time girlfriend **Vanessa Paradis**. The couple also have a son, Jack, who is five. «»» Actress **Angelina Jolie** was bashful after seeing herself in a simulated nude scene in forthcoming animated movie *Beowulf*. The *Tomb Raider* star, who plays a temptress killer lizard, painted gold and fitted with a tail, admits the motion capture technology was so shockingly real, she phoned her partner **Brad Pitt** to warn him about the nudity in the family movie. She says, "I was really surprised that I felt that exposed. There are certain moments where I felt actually shy, and called home, just to explain that the fun movie that I had done that was digital animation was, in fact, a little different than we expected. I didn't expect ourselves to come out as much. I didn't expect it to feel as real, and so because of especially the type of character I play, it was kind of funny at first." «»» **Mariane Pearl**, widow of slain *Wall Street Journal* reporter Daniel Pearl, has defended **Angelina Jolie** (who portrayed her in *A Mighty Heart*) and other celebrities who speak out on current issues. In an interview with the online Radar magazine, Pearl remarked, "Celebrities are doing the work that journalists are not. We can't afford to be cynical about that." Pearl, who is promoting her book *In Search of Hope*, also criticized her late husband's newspaper. "I think the *Wall Street Journal* has one person covering Africa," she observed. «»» Hollywood superstar **Tom Hanks** and director **Ron Howard** will begin shooting a sequel to their 2006 smash hit *The Da Vinci Code* in February. *Angels & Demons*, again based on a novel by Dan Brown, will see Hanks reprise his character of Harvard University symbolist Robert Langdon. This time the literary hero will be involved in a frantic quest to find the world's most powerful energy source. *The Da Vinci Code* will be a hard act to follow, the movie has made \$757,236,138 at the international box-office. *Angels & Demons* marks the fourth time Hanks and Howard have teamed up for a big screen project. «»»

NORTH

UCI CINEMAS
ARRÁBIDA SHOPPING
TEL: 707 23 22 21
8 NOV-14 NOV



30 Days of Night
Josh Hartnett, Melissa George
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart

The Brave One
Jodie Foster, Terrence Howard
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston

A Outra Margem
Filipe Duarte, Maria D'Aires

Evening
Meryl Streep, Glen Close

The Kingdom
Jamie Foxx, Jennifer Garner

Shark Bait
Animation PV

The Bourne Ultimatum
Matt Damon, Julia Stiles

The Invasion
Nicole Kidman, Daniel Craig

Knocked Up
Seth Rogen, Katherine Heigl

Resident Evil: Extinction
Milla Jovovich, Oded Fehr

Rush Hour 3
Jackie Chan, Chris Tucker

War
Jet Li, Jason Statham

Blind Dating
Chris Pine, Eddie Kaye Thomas

Corrupção
Nicolau Breyner, Rita Blanco

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Bratz
Logan Browning, Janel Parrish

1408
John Cusack, Samuel L. Jackson

Ratatouille
Animation PV

Stardust
Charlie Cox, Peter O'Toole

Domino
Keira Knightley, Mickey Rourke

Tiempo de Valientes
Diego Peretti, Luis Luque

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
8 NOV-14 NOV

Corrupção
Nicolau Breyner, Rita Blanco

The Heartbreak Kid
Ben Stiller, Michelle Monaghan

The Brave One
Jodie Foster, Terrence Howard

The Kingdom
Jamie Foxx, Jennifer Garner

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Fay Grim
Parker Rosey, Liam Aiken

Domino
Keira Knightley, Mickey Rourke

Stardust
Charlie Cox, Peter O'Toole

Rescue Dawn
Christian Bale, Steve Zahn

The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston

A Outra Margem
Filipe Duarte, Maria D'Aires

Odette Toulemonde
Catherine Frot, Albert Dupontel

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
8 NOV-14 NOV

Corrupção
Nicolau Breyner, Rita Blanco

The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Rush Hour 3
Jackie Chan, Chris Tucker

Knocked Up
Seth Rogen, Katherine Heigl

The Brave One
Jodie Foster, Terrence Howard
Resident Evil: Extinction
Milla Jovovich, Oded Fehr
Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush
The Seeker: The Dark is Rising
Alexander Ludwig, Christopher Eccleston
Evening
Meryl Streep, Glen Close
Shrek the Third
Animation

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
8 NOV-14 NOV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Rescue Dawn
Christian Bale, Steve Zahn

The Brave One
Jodie Foster, Terrence Howard

The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Ratatouille
Animation PV

The Invasion
Nicole Kidman, Daniel Craig

Knocked Up
Seth Rogen, Katherine Heigl

Sicko
Documentary

Fados
Documentary

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
8 NOV-14 NOV

The Kingdom
Jamie Foxx, Jennifer Garner

Corrupção
Nicolau Breyner, Rita Blanco

Meet the Robinsons
Animation PV

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

Shark Bait
Animation PV

The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Knocked Up
Seth Rogen, Katherine Heigl

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
8 NOV-14 NOV

Shark Bait
Animation PV

The Kingdom
Jamie Foxx, Jennifer Garner

Evening
Meryl Streep, Glen Close

The Brave One
Jodie Foster, Terrence Howard

Elizabeth: The Golden Age
Cate Blanchett, Geoffrey Rush

A Outra Margem
Filipe Duarte, Maria D'Aires

Becoming Jane
Anne Hathaway, James McAvoy

Odette Toulemonde
Catherine Frot, Albert Dupontel

Corrupção
Nicolau Breyner, Rita Blanco

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
8 NOV-14 NOV

Bratz
Logan Browning, Janel Parrish

Land of the Blind
Ralph Fiennes, Donald Sutherland

Resident Evil: Extinction
Milla Jovovich, Oded Fehr

Knocked Up
Seth Rogen, Katherine Heigl

Meet the Robinsons
Animation

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Evening
Meryl Streep, Glen Close

A Outra Margem
Filipe Duarte, Maria D'Aires

Corrupção
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The Heartbreak Kid
Ben Stiller, Michelle Monaghan

Rush Hour 3
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BBC1

6.00 Breakfast. (T) 10.00 Animal Park. (T) 10.45 Lord Mayor's Show 2007. (T) 12.10 BBC News; Weather. (T) 12.20 Football Focus. (T) 1.10 Bowls: International Open. The second semi-final in Sheffield. (T) 4.30 Final Score.

5.10 BBC News; Regional News; Weather. (T) 5.30 Out-Take TV. The mistakes celebrities have made on Weakest Link. (T)

6.00 Strictly Come Dancing. The couples dance a salsa or Viennese waltz. The result can be seen tomorrow at 6.50pm. (T)

7.20 Robin Hood. Robin discovers the black knights are descending on Nottingham to sign a pact against the King and realises the only way to prevent the monarch's capture is to join forces with Lord Winchester. However, just when the outlaw thinks he's succeeded he realises his ally is corrupt. Denis Lawson guest stars. (T)

8.05 The National Lottery Draw. Bradley Walsh is joined by Nick Knowles for the all-important Thunderball, Dream Number and Lotto draws. (T)

8.15 Casually. Charlie and Tess are furious at being asked to take redundancy - and even more so when Harry reveals they have a month to decide, otherwise he will choose which one of them to get rid of. This leads to divisions among the staff and Maggie voices her objections. Meanwhile, Toby sedates an aggressive crystal meth addict who checked in after a gas cylinder exploded at his grandmother's house. Anthony Flanagan, Jean Heywood and Lexi Strauss guest star. (T)

9.05 Festival of Remembrance. In the presence of the Queen, the Royal British Legion pay tribute to the armed forces and remember the victims of war and conflict. Katherine Jenkins and fellow opera singer Alfie Boe perform alongside the military musicians of the Massed Bands of the Guards Division, while the service of remembrance is conducted by the Rt Revd Nigel McCulloch, Bishop of Manchester, and includes the traditional two minute silence as thousands of symbolic poppy petals fall in the Royal Albert Hall. Huw Edwards presents. (T) 10.40 BBC News; Weather; (T) National Lottery Update.

11.00 Match of the Day. Gary Lineker presents highlights of today's three Premier League fixtures - Derby County v West Ham United, Liverpool v Fulham and Sunderland v Newcastle United. (T)

12.10 FILM: Halloween II: Season of the Witch (1982). Horror, starring Tom Atkins. (T) 1.45 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Teletubbies. (R) (T) 6.45 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.45 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMI; (T) Diddy Dick & Dom. (R) (T) 10.30 Stupid. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.45 FILM: Adam's Rib (1949). Classic comedy. Spencer Tracy and Katharine Hepburn star. (T) (bw) 2.20 Film 2007 with Jonathan Ross. (R) (T) 2.50 FILM: A Walk to Remember (2002). Romantic drama, starring Mandy Moore. (T) 4.25 BBC Switch: Falcon Beach. (T) 5.10 BBC Switch: Sound. (T) 5.45 Heroes Unmasked. (R) (T) 5.55 What the Papers Say. (T) 6.05 Coal House. (T) 6.35 Paul Merton's Silent Clowns. (T) 7.35 Poliakoff Night: Shooting the Past. Conflation of Stephen Poliakoff's acclaimed drama, starring Timothy Spall. (R) (T) 8.35 Poliakoff Night: Stephen Poliakoff - A Culture Show Special. Mark Kermode talks to the award-winning writer-director. (T) 9.05 Poliakoff Night: A Real Summer. Drama from writer-director Stephen Poliakoff set in 1958. Mary, a brilliant young writer and critic, is befriended by Geraldine, a debutante of a similar age. With Ruth Wilson. (T) 9.55 Poliakoff Night: Friends and Crocodiles. Feature-length drama, written and directed by Stephen Poliakoff. (R) (T) 11.45 The 41st Annual CMA Awards. (T) 1.15 The Tudors. (R) (T) 2.10 Bowls Extra. (T) 4.10 Close.

Pick of the Day

Paul Merton's Silent Clowns (BBC2, 6.35pm)

Anyone with access to digital TV may have come across this fascinating series, but thankfully the Beeb have deigned to give it a terrestrial airing too. The star of Have I Got News For You is well known for making us laugh, but here he reveals a bit more about four men who tickled his ribs as a youngster, and still provide him with a constant source of inspiration. The opening instalment profiles the life and career of the man responsible for getting Merton into comedy in the first place: Buster Keaton. Renowned as a master of the pratfall and sublime deadpan humour, Keaton was adored by American audiences in the early days of the movies. As if seeing a few of his finest moments isn't enough reason to tune in, Merton is shown a Keaton joke that was lost for 75 years. Future episodes of the series focus on some of the most influential figures ever to grace the silver screen, including Harold Lloyd, who famously dangled from a clock face in the iconic Safety Last!, and comic duo Laurel and Hardy, who became household names thanks to their silly antics. But no programme looking at the art of silent comedy would be complete without an examination of the peerless Charlie Chaplin.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: British Academy Video Games Awards 2007. (T) 10.00 T4: Friends. (R) (T) 10.35 T4: MobileAct Unsigned. (R) (T) 11.40 T4: Transmission. (R) (T) 12.20 T4: McFly: The T4 Special. (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Doncaster and Wincanton. Including the 3.45 tatesportgames.com H'cap Stakes (2m 1/2f). (T) 4.00 Red Bull Air Race 2007. (T) 4.45 Time Team. (R) (T) 5.45 Codex. (T) 6.30 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the values of mystery boxes. (T) 8.00 Not Forgotten. Ian Hislop explores the history of Britain's war memorials, talking to relatives of the deceased and considering the impact the conflicts had on society. He begins by travelling around the country to find out how - and why - so many monuments were erected, discovering that the lack of bodies to bury meant the bereaved needed a focus for their grief. (R) (T) 9.05 FILM: My Best Friend's Wedding (1997). Sparkling comedy, starring Julia Roberts as a food critic who tries to wreck her friend's forthcoming nuptials. With Dermot Mulroney, Cameron Diaz and Rupert Everett. (T) 11.05 Lucas & Walliams' Perfect Night In. (R) (T) 1.15 FILM: American Splendor (2003). Premiere. Acclaimed comedy drama, starring Paul Giamatti. (T) 3.00 4Music: Duplelate Drama. (R) (T) 3.25 4Music: Transmission. (R) (T) 3.55 King of the Hill. 4.20 Monster Garage. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Football Italiano Highlights. (T) 11.30 Wild Events. (R) (T) 12.05 FILM: The Gnome-Mobile (1967). Children's fantasy, starring Walter Brennan. 1.40 FILM: Columbo: A Case of Immunity (1975). Drama, starring Peter Falk. (T) 3.10 FILM: Santa Fe (1951). Western, starring Randolph Scott. 4.45 FILM: A Bridge Too Far (1977). Star-studded wartime drama, with Dirk Bogarde. (T) 8.00 five news and sport. (T) 8.10 NCIS. Gibbs is called to investigate when two children stumble upon the body of a missing Marine in a frozen lake. The team search the water for clues and discover three bullet-ridden corpses, which all bear tattoos linking them to a notorious street gang. Gibbs launches a desperate effort to discover the connection between the dead bodies before the serviceman's company have the chance to seek revenge. (R) (T) 9.05 CSI: Crime Scene Investigation. The disappearance of a high-school cheerleader and her basketball player boyfriend leads to dark truths being uncovered about the pair's turbulent relationship. (R) (T) 10.05 Law & Order: Special Victims Unit. (T) 11.05 Criminal Minds. (R) (T) 12.05 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. The work of an animal sanctuary. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Emu. (T) 9.55 Supernormal. (T) 10.10 Tricky TV. 10.40 Skyland. (T) 11.10 My Parents Are Aliens. (R) (T) 11.40 The Amazing Adrenalini Brothers. (R) (T) 11.50 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 Saturday Cookit! (T) 1.30 FILM: Home Alone 4 (2002). Premiere. Comedy sequel, starring Mike Weinberg. (T) 3.05 FILM: You Only Live Twice (1967). James Bond thriller, starring Sean Connery. Continues after the news. (T) 4.15 London Today; Weather. (T) 4.30 ITV News and Weather. (T) 4.45 FILM: You Only Live Twice (1967). Concluded. (T)

5.45 Funniest Ever You've Been Framed! Comedian Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including animals being naughty, musical mishaps, practical jokes and holiday howlers. (T)

6.45 The X Factor. Dermot O'Leary hosts the fourth live studio round, which sees the nine would-be chart stars singing for survival once more - all performing modern classics from this century. The judges will deliver their views on each of the acts before the public vote settles on two candidates for an early exit. The results are at 9.00. (T)

8.15 All Star Family Fortunes. Angela Griffin and Antony Worrall Thompson's families compete as Vernon Kay hosts the celebrity game show. (T)

9.00 The X Factor - The Results. The 2005 winner Shayne Ward performs his new single and shares his memories of the show. Then it's down to business for this year's hopefuls as the viewers' verdict is announced and the two acts with the fewest votes sing again, hoping to win a reprieve from the four judges. They will decide who will be leaving the contest and reveal their decision to host Dermot O'Leary at the end of the programme. (T)

9.35 The Kylie Show. The pop princess returns with a lavish production, performing new versions of classic and iconic pop hits and tracks from her forthcoming album X, which is released later this month. Designed to give a true "event" feel normally reserved for stadium concerts, the show also features comedy sketches and special guests. (T)

10.35 Parkinson. The veteran broadcaster continues the final series of his chat show. Formula One driver Lewis Hamilton discusses his first year in the hot seat, award-winning actor Ian McKellen talks about his new West End role as King Lear, and impressionist Rory Bremner pops in for a chat. Chart-topping singer-songwriter James Blunt is also in the studio performing live. (T)

11.40 ITV News and Weather; Weather. (T) 12.00 Make Your Play; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 4.30 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0800 Bom dia Sábado 1300 News 1715 Dennis The Menace, film 1905 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2345 Highwaymen, film 0145 Greystoke: The Legend of Tarzan, Lord of the Apes, film 0330 A Hora da Sorte 0415 Telealesas

RTP2

0700 Euronews 1000 África 7 Dias 1030 Notícias de Portugal 1130 Palco: Rodrigo Leaoas, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Anything Else, film Sogni D'Oro, films 0200 Sport 0600 Euro News

SIC

0700 Sic Kids 0845 Disney Kids 1200 Our World 1300 News 1400 Extase 1700 Film TBA 1800 Film TBA 2000 News 2215 Paraíso Tropical 2330 Vingança 0115 007 - Live And Let Die, film 0245 Amazônia 0330 Quando o Telephone Toca

TVI

0700 Children TV 0900 Morangos com Açúcar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escolhidos 1600 Film TBA1800 Film 2000 News 0030 Film TBA 0530 Telealesas

Best of the Rest

BBC3

7.00 Three's Out-Takes 7.05 The Real Hustle 7.35 Mind, Body & Kick Ass Moves 8.05 Top Gear 9.05 Little Britain 9.35 Film: High School Musical U (2006) 11.10 Two Pints of Lager and a Packet of Crisps 11.40 Two Pints of Lager and a Packet of Crisps 12.10 It's Adam and Shelley 12.40 Singing with the Enemy 1.40 The Real Hustle 2.10 Celebrity Scissorhands Uncut 4.25 The Real Hustle 4.55 Close

BBC4

7.00 Smiley's People 8.00 Smiley's People 9.05 Lead Balloon 9.35 More Dawn French's Boys Who Do Comedy 10.05 Film: Le Grand Voyage PG (2004) 11.45 More Dawn French's Boys Who Do Comedy 12.15 Soul Britannia 1.15 Soul Britannia 2.15 Soul Britannia 3.15 More Dawn French's Boys Who Do Comedy 3.45 Lead Balloon 4.10 Close

ITV2

2.15 Holiday Showdown 3.20 Holiday Airport: Cyprus 4.25 All Star Family Fortunes 5.10 The Planet's Funniest Animals 5.35 Movies Now 5.45 Streetmate 6.45 Australian Princess 7.45 The Planet's Funniest Animals 8.15 The Xtra Factor 9.00 Pop Stars: Gone Bad 9.30 Movies Now 9.45 The Xtra Factor Results 10.30 Film: The Flintstones U (1994) 12.10 The X Factor 1.45 The X Factor - The Results 2.20 The Xtra Factor Results 3.05 Pop Stars: Gone Bad 3.35 Emmerdale 6.00 Close

Sky One

2.15 Holiday Showdown 3.20 Holiday Airport: Cyprus 4.25 All Star Family Fortunes 5.10 The Planet's Funniest Animals 5.35 Movies Now 5.45 Streetmate 6.45 Australian Princess 7.45 The Planet's Funniest Animals 8.15 The Xtra Factor 9.00 Pop Stars: Gone Bad 9.30 Movies Now 9.45 The Xtra Factor Results 10.30 Film: The Flintstones U (1994) 12.10 The X Factor 1.45 The X Factor - The Results 2.20 The Xtra Factor Results 3.05 Pop Stars: Gone Bad 3.35 Emmerdale 6.00 Close

1.00 Vroom Vroom 2.00 Futurama 2.30 Futurama 3.00 Futurama 3.30 Cirque de Celebrite 5.00 A Town Called Eureka 6.00 A Town Called Eureka 7.00 Stargate Atlantis 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp on Gangs 10.00 Nothing But The Truth 11.00 British Sex 12.00 Street Wars 1.00 Dom Joly's Happy Hour 1.50 Road Wars 2.40 Street Wars 3.30 Football's Hardest Away Days 4.20 Full Force Nature 5.10 Guilty!

UKTV Gold

1.30 Only Fools and Horses 2.10 Film: Carry On Henry PG (1971) 4.00 My Family 4.40 My Family 5.20 The Vicar of Dibley 6.20 My Hero 7.00 My Hero 7.40 My Family 8.20 My Family 9.00 Film: Ace Ventura: When Nature Calls PG (1995) 10.50 The Royle Family 11.40 Little Britain 12.15 The Royle Family 12.50 Film: Carry On Henry PG (1971) 2.30 2point4 Children 3.30 Close Up 3.40 Dallas 4.30 Close Up 4.40 Dallas 5.30 What a Carry On!

TCM

1.00 Sunday in New York U (1963) 3.00 Seems Like Old Times PG (1980) 4.55 The Unsinkable Molly Brown U (1964) 7.15 Penelope U (1966) 9.00 GoodFellas 18 (1990) 11.35 McCabe and Mrs Miller 18 (1971) 1.40 Teleshopping 2.00 GoodFellas 18 (1990) 5.00 Operation Crossbow PG (1965)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Cheetah Girls U (2003) Family comedy, starring Raven-Symone.

Sky Movies Drama

6.00 Kissed by an Angel PG (2000) 7.45 Ride to Freedom: The Rosa Parks Story PG (2001) 9.20 Miss Lettie and Me U (2002) 10.55 Force of Impact PG (2005) 12.30 The Weather Man 15 (2005) With Nicolas Cage. 2.15 The Da Vinci Code 12 (2006) With Tom Hanks. 4.45 Ride to Freedom: The Rosa Parks Story PG (2001) With Angela Bassett. 6.25 Force of Impact PG (2005) With Antonio Sabato Jr. 8.00 The Da Vinci Code 12 (2006) With Tom Hanks. 10.30 The Weather Man 15 (2005) With Nicolas Cage. 12.30 Whiskey Down 15 (1995) With Sean Patrick Flanery. 2.10 Noises Off 15 (1992) With Michael Caine. 4.10 Miss Lettie and Me U (2002)

Sky Movies Comedy

6.00 Boys Klub PG (2001) 7.40 Straight Talk PG (1992) 9.15 Never Been Kissed 12 (1999) 11.05 Boys Klub PG (2001) With Chauncey Leopardi. 12.50 Surviving Christmas 12 (2004) With Ben Affleck. 2.25 The Longest Yard 12 (2005) With Adam Sandler. 4.20 Practical Magic 12 (1998) With Sandra Bullock. 6.10 Never Been Kissed 12 (1999) With Drew Barrymore. 8.00 The Longest Yard 12 (2005) With Adam Sandler. 10.00 Alien Autopsy 12 (2006) With Declan Donnelly. 11.40 The Devil Wears Prada: Behind the Scenes 11.55 Preaching to the Perverted 18 (1997)

With Christian Anholt. 1.35 Twin Town 18 (1997) With Rhys Ifans. 3.20 Surviving Christmas 12 (2004) 4.55 Straight Talk PG (1992)

Sky Movies Action

6.10 Homeland Security 15 (2004) 7.50 Diplomatic Siege 15 (1999) 9.30 X-Men: The Last Stand 12 (2006) 11.20 Munich 15 (2005) With Eric Bana. 2.05 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 3.55 Diplomatic Siege 15 (1999) With Tom Berenger. 5.35 Dead Calm 15 (1988) With Nicole Kidman. 7.15 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 9.00 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 10.45 Munich 15 (2005) With Eric Bana. 1.40 Homeland Security 15 (2004) With Scott Glenn. 3.25 The Fourth Angel 15 (2001) 5.15 Mastermind PG (1976)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broadcast

cast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v Sri Lanka. 7.30 FIFA Football Mundial 8.00 Champions League Weekly 9.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Sunderland v Newcastle United (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Stoke City v Sheffield United (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.30 Live Spanish Football. A La Liga match. 11.00 Football Special 12.30 Champions League Weekly 1.00 Spanish Football 2.30 You're on Sky Sports! 3.30 Sky Sports Classics 3.45 Sky Sports Classics 4.00 Live European Tour Golf. The HSBC Championship.

Sky Sports 2

6.00 Live European Tour Golf. The HSBC Championship. 8.00 NFL: America's Game 9.00 NFL: Total Access 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Live European Rugby Union. Leicester v Leicester Tigers (Kick-off 1.30pm). 3.30 Live European Rugby Union. Edinburgh v Toulouse (Kick-off 3.30pm). 5.30 Live European Rugby Union. London Wasps v Munster (Kick-off 5.30pm). 7.30 Live European Rugby Union. Auch v Bath (Kick-off 7.45pm). 10.00 Golf Night 11.55 Live Test Cricket. Australia v Sri Lanka. Coverage continues on the interactive service. 3.30 Live International Cricket. India v Pakistan. Coverage of South Africa v New Zealand is available on the interactive service.

Sky Sports 3

6.00 Tight Lines 7.00 Big League Weekend 8.00 Rally World 8.30 Live Test Cricket. South Africa v New Zealand. 4.00 Rally World 4.30 NFL: Total Access 5.30 Live International Rugby League. Great Britain v New Zealand (Kick-off 6.15pm). 8.30 Test Cricket 10.30 International Rugby League 12.00 NFL Playbook 1.00 International Rugby League 2.30 Football Special 4.00 Spanish Football 5.30 Champions League Weekly

British Eurosport

7.30 Eurogoals 8.00 UEFA Cup Football 8.45 Live Alpine Skiing. The World Cup meeting in Levi, Finland. 10.00 Live Tennis. The Hopman Cup Asian qualifying matches. 11.45 Taliana's World 12.00 Live WTA Tennis. The WTA Tour Championships semi-finals. 5.00 Alpine Skiing 5.30 Eurosport Buzz 6.00 Snooker 7.30 Live Snooker. The second Northern Ireland Trophy semi-final. 10.30 MotoGP 12.00 Trial Bikes 12.30 Eurosport Buzz 1.00 Close

Sky Sports Xtra

6.00 Friday Fight Night 7.55 U Can Do It 8.00 Live World Pool Championship. The eighth day of the event from Manila. 2.30 European Tour Golf 6.30 World Sport 7.00 WWE: Smackdown 9.00 WWE: Late Night - Bottom Line 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 Extreme Championship Wrestling 2.00 Golf Night 3.55 U Can Do It 4.00 NFL Playbook 5.00 Rally World 5.30 World Sport



Removals & Storage

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BBC1

6.00 Breakfast. (T) 8.15 Match of the Day. (R) (T) 9.30 The Andrew Marr Show. (T) 10.30 Remembrance Sunday: The Cenotaph. (T) 12.10 The Politics Show. (T) 1.10 EastEnders. (T) 3.10 Match of the Day Live: The FA Cup. Torquay United v Yeovil Town (Kick-off 3.15pm). (T)

5.35 Points of View. Terry Wogan champions viewers' opinions on BBC programmes. (T)

5.50 Wilfred Owen: A Remembrance Tale. The brutality and carnage of World War One found expression in the voice of soldier poets such as Wilfred Owen. Jeremy Paxman tells the story of the man who epitomises poetry of the era - a shy, inoffensive and bookish individual whose failure to secure a scholarship for university sent him to teach English in France, where his journey to both fame but also a tragic death began. (T)

6.50 Strictly Come Dancing. Two couples face a dance-off as they try to prove their worth to the judges after falling short in last night's public vote. Featuring a guest performance by John Barrowman. (T)

7.35 BBC News: Regional News; Weather. (T)

8.00 Antiques Roadshow. The team visit East Kirby Airfield, Lincolnshire where they examine more decorative objects and rarities. Plus, they share wartime memories with the visiting public in the shadow of a World War Two Lancaster bomber. Michael Aspel presents. (T)

9.00 Learners. Bev has failed her driving test eight times and is desperate to pass, but her husband is too impatient to teach her. Attracted by a glamorous driving school owner she signs on with devout christian Chris, but as driving gets easier, everything else in her life becomes much more complicated. Heart-warming one-off comedy- drama written and starring Jessica Hynes, with David Tennant and Shaun Dingwall. (T)

10.20 BBC News; Weather. (T)

10.40 FILM: Green Card (1990). Romantic comedy, starring Gerard Depardieu; (T) Weatherview.

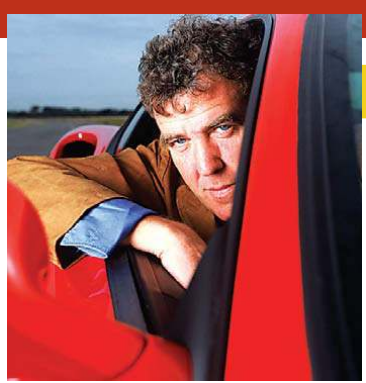
12.25 Celebrity Scissorhands. (T) 1.25 Sign Zone: Watchdog. (R) (T) 1.55 Sign Zone: HOLBY CITY. (R) (T) 2.55 Sign Zone: The Nature of Britain. (R) (T) 3.45 BBC News 24.



The Portugal News

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BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Teletubbies. (R) (T) 6.45 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Pinky and the Brain. (R) (T) 7.45 Even Stevens. (R) (T) 8.05 The Basil Brush Show. (R) (T) 8.30 Smart. (R) (T) 9.30 Hedz. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Countryfile. (T) 12.30 Rugby League. (R) (T) 1.30 Gymnastics. (T) 3.00 Bowls: International Open. This afternoon's final at the Ponds Forge International Sports Centre. (T) 5.15 Storm Geese. (R) (T) 5.25 Songs of Praise. (T) 6.00 The Nature of Britain. (R) (T) 6.50 Cenotaph Highlights. (T) 7.50 Coast. Neil Oliver investigates how an optical telegraph from the 1800s was used to send messages between Holyhead to Liverpool in just a few minutes. (T) 8.00 Top Gear. The team compete to find the fastest way to get around London - by bike, boat or car. Plus, the Caparo T1 is timed on the track and Simon Cowell is the Star in a Reasonably Priced Car. (T) 9.00 Long Way Down. Bikes and riders are pushed to the limit in Sudan. (T) 10.00 Match of the Day 2. Adrian Chiles presents highlights of this afternoon's Premier League fixtures, including Chelsea against Everton at Stamford Bridge and Manchester United's match with Blackburn Rovers at Old Trafford. (T) 11.10 Graham Norton Uncut. (T) 11.55 Heroes. (R) (T) 12.40 FILM: Photographing Fairies (1997). Fantasy drama, starring Toby Stephens. (T) 2.20 BBC News 24. (T) 4.10 Close.

Pick of the Day

Top Gear (BBC2, 8pm)
Getting across London at rush hour can be an absolute nightmare, as Jeremy Clarkson, Richard Hammond and James May know only too well. For their latest challenge, they find the fastest way to get around the Smoke, but only one of them will be in a car. The other two will take either a boat or bike. Clarkson is as competitive as ever, and last year's crash doesn't seem to have curbed the Hamster's need for speed. However, will Captain Slow surprise them and beat them to the finishing post? There's also a chance to see the Stig try out the Caparo T1, and the absurdly gorgeous Aston Martin V8 Vantage Roadster goes up against a man with three rockets strapped to his back. Simon Cowell takes time off from his X Factor duties to be the Star in a Reasonably Priced Car. Can he beat the likes of Helen Mirren and Rolling Stone Ronnie Wood as this series' fastest celeb, or will the fearsome judge come a cropper at Gambon corner? There's only one way to find out.

C4

6.05 The Hoobs. (R) (T) 6.30 Transworld Sport. (T) 7.25 Racing Rivals. Behind the scenes of the 2007 British Touring Car Championship. 7.50 Freesports on 4. (R) 8.20 Adrenalin Rush. 8.45 T4: The OC. (T) 9.45 T4: Hollyoaks. (T) 12.15 T4: MobileAct Unsigned. (T) 1.15 T4: MTV Europe Music Awards 2007. (T) 2.30 T4: Ugly Betty. (R) (T) 3.30 T4: Smallville. (T) 4.30 T4: The Simpsons. (R) (T) 5.00 T4: The Simpsons. (R) (T) 5.30 Scrapheap Challenge. (T) 6.30 Not Forgotten. (R) (T) 7.30 Channel 4 News. (T) 8.00 Wife Swap. Liberal mother Chris and disciplinarian Tracey are in for the shock of their lives as they exchange families for a fortnight. The takeaway diet and habitual TV-watching are the last things on Tracey's mind when she learns that Chris and her husband are real life wife-swappers. Tempers flare and tears are shed as the two mothers learn to adapt to their new lifestyles. (T) 9.00 FILM: Mr & Mrs Smith (2005). Premiere. A couple struggle to keep their marriage interesting until they realise they are both secretly working as deadly assassins. Light-hearted action adventure, with Brad Pitt and Angelina Jolie. (T) 11.20 The Fight for the Internet Twins. (T) 12.25 UK Poker Tour. 1.20 FILM: Rang De Basanti (2006). Premiere. Comedy drama, starring Alice Patten. 4.20 4Music: MobileAct Unsigned. (R) (T) 5.20 Countdown. Words-and-numbers game. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 My First. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Ebb and Flow. (R) (T) 6.50 Hi-5. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.35 Make Way for Noddy. (R) (T) 7.50 Harry and His Bucket Full of Dinosaurs. (T) 8.05 Harry and His Bucket Full of Dinosaurs. (T) 8.20 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.00 Mio Mao. (R) (T) 9.10 The Adventures of Bottle Top Bill and His Best Friend Crook. (R) (T) 9.25 Franklin. (R) (T) 10.00 Hannah Montana. (T) 10.30 Hannah Montana. (T) 11.00 8 Simple Rules. (T) 11.30 Beyond the Break. (T) 12.00 FILM: Buddy (1997). Bizarre drama, starring Rene Russo. (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.20 FILM: The Remains of the Day (1993). Period drama, starring Anthony Hopkins. (T) 6.40 five news and sport. (T) 7.00 FILM: Police Story 2 (1988). Jackie Chan reprises his role as the energetic Hong Kong cop, who finds himself demoted to traffic duty just as an old enemy is released from prison. Also starring Maggie Cheung. (T) 9.00 FILM: Tightrope (1984). Knife-edge thriller, starring Clint Eastwood as a detective investigating a series of sexually motivated murders - and gaining an unwelcome insight into his own dark impulses. (T) 11.15 Californication. (R) (T) 11.55 Disorderly Conduct. (R) (T) 12.55 Natural Born Racers. 1.20 NFL Live. San Diego Chargers v Indianapolis Colts. 4.50 Major League Soccer. 5.35 Golf: The Challenge.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Sunday Edition. (T) 10.25 The Championship. (T) 11.25 CITV: Curious George. (R) (T) 11.40 Pocoyo. 11.50 Jim Jam & Sunny. (T) 12.00 Jim Jam & Sunny. (T) 12.25 ITV News and Weather. (T) 12.30 London Today: Weather. (T) 12.35 FILM: Problem Child (1990). Comedy, starring John Ritter. (T) 2.00 The X Factor. (R) (T) 3.30 The X Factor - The Results. (R) (T) 4.05 London Tonight: Weather. (T) 4.20 FILM: Star Wars: Episode VI - Return of the Jedi (1983). Sci-fi adventure, starring Harrison Ford.

6.45 ITV News and Weather. (T)

7.00 Ennmerdale. Percy and Gray are excited as Katie goes ahead with the insemination, and ask her to move in with them following the procedure so they can care for her. Rodney becomes convinced that Paul is having doubts about the wedding. Emily apologises to Jonny, and Ashley is asked to perform a christening. (T)

7.30 Coronation Street. Jodie washes her hands of Jerry by announcing she's moving to London to make her own life, and a battle of wills ensues when Liz and Vernon return home to the Rovers. Elsewhere, John tells a stunned Rosie it's too risky to keep seeing her, and Carla agrees to consider Tony's business proposition. (T)

8.00 Heartbeat. New series. A gang of bikers wreck havoc in Aidsfield, prompting the locals to demand a new bobby. When young recruit PC Joe Mason (Joe McFadden) arrives he is not quite what they expected, with his tactics for crime fighting making his reception a mixed one between both residents and fellow police officers. (T)

9.00 My Boy Jack. Harry Potter actor Daniel Radcliffe stars in his first TV drama as Jack, the son of poet Rudyard Kipling who signed up for battle in the trenches of World War One and never returned home. His parents, played by David Haig - who has adapted his own play - and Kim Cattrall (Sex and The City) searched for years to find out what became of their boy and in so doing changed attitudes to war. (T)

11.00 ITV News and Weather; Weather. (T)

11.15 Love Child. The first in a two-part documentary revealing the emotional stories of mothers and children involved in adoption. In the period between the 1940s and late 1960s, social pressure often forced unmarried women to give up their babies, sometimes without saying goodbye. Including the personal experiences of presenter David Dickinson and actress Nimmy March, and the chance to see adoptive children searching for their natural mothers - with mixed results. (R) (T)

12.15 It's My Life. (R) (T) 1.10 Motorsport UK. (T) 1.35 FILM: The Go-Between (1971). Tragic drama, starring Julie Christie. (T) ITV News Headlines. 3.35 The Jeremy Kyle Show. (R) (T) 4.25 ITV Nightscreen.

LOCAL

RTP1
0630 Fátima, 90 Anos de Fé
1300 News 1400 Sô Visto 1430
Top + 1500 Perdidos 2100 The Last of the Mohicans, film 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Gato Fedorento 2230 Conta-me Como 2345 Finding Forrester, film 0200 Sylvia 0400 Teleseals 0605 Nôs RTP2

0700 Euronews 0730 Músicas de África 0830 África@global 0900 Caminhos 0930 70x7 1000 Nôs 1100 Indisciplina 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & Emoção 1930 Diga lá Excelência 2030 The Simpsons 2100 Entre Fratos 2130 A Alma e Gente 2200 News 2240 Câmanha Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fátima 1300 News 1400 Film Tba 1530 Film TBA 1800 Film TBA 2000 News 2145 Família Superstar 0100 Hora H 0145 Film TBA 0345 Quando o Telefone Toca

TVI
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour de Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 O Escritório 0400 Film TBA 0500 Teleseals

Best of the Rest

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 7.45 Doctor Who Confidential 8.00 Don't Tell the Bride 9.00 Celebrity Scissorhands 10.00 Tittybangbang 10.30 Touch Me, I'm Karen Taylor 11.20 Two Pints of Lager and a Packet of Crisps 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Celebrity Scissorhands 12.55 Don't Tell the Bride 1.55 Tittybangbang 2.25 Celebrity Scissorhands Uncut 4.40 Close

BBC4
7.00 The Nature of Britain: A User's Guide 8.00 What Did You Do in the Great War, Daddy? 9.00 Film: Life and Nothing But PG (1989) 11.10 Edwardians in Colour: The Wonderful World of Albert Kahn 12.10 Chelsea Pensioners: Once a Soldier 12.40 What Did You Do in the Great War, Daddy? 1.40 The Late Edition 2.10 The History of the World Backwards 2.40 What Did You Do in the Great War, Daddy? 3.40 The Late Edition 4.40 Close

ITV2
3.10 Film: The Flintstones U (1994) 4.50 Coronation Street 6.50 The X Factor 8.20 The X Factor - The Results 9.00 Katie & Peter: Unleashed 10.00 Secret Diary of a Call Girl 10.30 Katy Brand's Big Ass Show 11.00 Coronation Street 11.30 The Black Donnellys 12.30 The X Factor 2.00 The X Factor - The Results 2.30 Katy Brand's Big Ass Show 3.00 Film: Undercover Brother 12 (2002) 4.30 Teleshopping 6.00 Close

Sky One
1.00 Brainiac's Test Tube Baby 2.00 Hidden Palms 3.00 Project Runway 4.00 Futurama 4.30 Cirque - Backstage at the Big Top

5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than a Ten Year Old? 7.00 The Simpsons 7.30 Cirque de Celebrite 9.00 Bones 10.00 Film: Internal Affairs 18 (1990) 12.10 British Sex 1.10 Dom Joly's Happy Hour 2.10 America's Dumbest Criminals 2.40 Full Force Nature 3.30 Buffy the Vampire Slayer 4.20 Vroom Vroom 5.10 Guilty!

UKTV Gold
1.00 Only Fools and Horses 1.40 Only Fools and Horses 2.20 Film: Big PG (1988) 4.20 Only Fools and Horses 5.00 Only Fools and Horses 5.40 Only Fools and Horses 6.20 Only Fools and Horses 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Datzel & Pascoe 11.00 Porridge 11.40 Open All Hours 12.20 Little Britain 12.50 Little Britain 1.35 Film: Big PG (1988) 3.20 Close Up 3.30 Datzel & Pascoe 5.00 Close Up 5.10 The New Adventures of Old Christine 5.35 Neighbours

TCM
1.00 Vengeance Valley PG (1951) 2.30 Jerry Shilling on Elvis with Sanjeev Bhaskar 3.00 Elvis: That's the Way It Is PG (1970) 4.55 International Velvet PG (1978) 7.05 The Girl and the General PG (1967) 9.00 Where Eagles Dare PG (1968) 11.45 The Split 15 (1968) 1.20 Terror on a Train PG (1953) 2.30 Teleshopping 2.45 The Fixer 15 (1968) 5.00 The VIPs U (1963)

The Disney Channel
Kids' programmes from 7am, except 4.00 Film: Twitches Too PG (2007) Fantasy adventure, starring Tim and Tamera Mowry.

MOVIES

Sky Movies Drama
6.00 Joshua U (2002) 7.40 Marilyn and Me PG (1991) 9.20 Little Man Tate PG (1991) 11.10 The Scarlet Letter 15 (1995) With Demi Moore. 1.30 The Portrait of a Lady 12 (1996) With Nicole Kidman. 4.00 Drama Close Up 4.30 Marilyn and Me PG (1991) With Susan Griffiths. 6.15 Little Man Tate PG (1991) With Jodie Foster. 8.00 The Scarlet Letter 15 (1995) With Demi Moore. 10.20 The Portrait of a Lady 12 (1996) With Nicole Kidman. 12.45 The Devil Wears Prada: Behind the Scenes 1.00 The Killing of Sister George 18 (1968) With Beryl Reid. 3.20 Obsessed 12 (2002) 5.00 Joshua U (2002)

Sky Movies Comedy
6.30 The Owl and the Pussycat 15 (1970) 8.15 Scrooged PG (1988) 10.05 Bad News Bears 12 (2005) 12.05 The Ringer 12 (2005) With Johnny Knoxville. 1.45 Wedding Crashers 15 (2005) With Owen Wilson. 3.45 The Devil Wears Prada: Behind the Scenes 4.00 Scrooged PG (1988) With Bill Murray. 5.45 In Her Shoes 12 (2005) With Cameron Diaz. 8.00 Wedding Crashers 15 (2005) With Owen Wilson. 10.00 The Ringer 12 (2005) With Johnny Knoxville. 11.50 Private Parts 18 (1997) With Howard Stern. 1.50 Bad News Bears 12 (2005) With Billy Bob Thornton. 4.00 The Pirates of Penzance U (1982)

Sky Movies Action
6.55 Highlander II: The Quickening 15 (1990) 8.40 Red Eye 12 (2005) 10.20 Speed 2: Cruise Control PG (1997) 12.25 Into the Blue 15 (2005) With Paul Walker. 2.20 Miami Vice 15 (2006) With Colin Farrell. 4.40 Red Eye 12 (2005) With Rachel McAdams. 6.20 Action & Thriller Close Up 6.50 Speed 2: Cruise Control PG (1997) With Sandra Bullock. 9.00 Into the Blue 15 (2005) With Paul Walker. 10.55 Miami Vice 15 (2006) With Colin Farrell. 1.10 Highlander II: The Quickening 15 (1990) With Christopher Lambert. 2.45 Across 110th Street 18 (1972) With Anthony Quinn. 4.30 Point Last Seen PG (1998)



Look out for our anniversary issue in December

SPORT

Sky Sports 1
6.00 Live European Tour Golf. The HSBC Championship. 8.00 World Sport 8.30 Football Special 10.00 The Sunday Supplement 11.00 Goals on Sunday 12.30 Live Super Sunday. Birmingham City v Aston Villa (Kick-off 1.00pm). 3.30 Live Super Sunday. Portsmouth v Manchester City (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football First 11.30 Football First 1.00 Spanish Football 3.00 Max Power 4.00 Wild Spirits 4.30 Close


Sky Sports 2
6.00 Live International Cricket. India v Pakistan. Coverage of South Africa v New Zealand is available on the interactive service. 12.00 Live Test Cricket. South Africa v New Zealand. 1.00 Live European Rugby Union. Cardiff Blues v Bristol (Kick-off 1.00pm). 3.00 Live European Rugby Union. Clermont Auvergne v Llanelli Scarlets (Kick-off 3.00pm). 5.30 NFL: Who Is? 6.00 Live NFL. Green Bay Packers v Minnesota Vikings (Kick-off 6.00pm). 9.00 Live NFL. New York Giants v Dallas Cowboys (Kick-off 9.30pm). 1.00 Live NFL. San Diego Chargers v Indianapolis Colts (Kick-off 1.15am). 5.00 Close

Sky Sports 3
6.00 Live Tennis. The ATP Masters Cup. 10.00 NFL: Total

Access 11.00 Racing News 11.30 Sportnation 12.30 Sky Sports Classics 12.45 U Can Do It 12.55 Live Test Cricket. South Africa v New Zealand. 4.00 NFL: Total Access 5.00 WWE: Experience 6.00 Max Power 7.00 Wild Spirits 7.30 Golf Night 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Live Test Cricket. Australia v Sri Lanka.

British Eurosport
7.30 Eurosport Buzz 8.00 Alpine Skiing 8.45 Live Alpine Skiing. The World Cup meeting in Levi, Finland. 10.00 Live Tennis. The Hopman Cup Asian qualifying matches. 11.45 euroCRASH! 12.00 MotoGP 1.30 Alpine Skiing 2.00 Live WTA Tennis. The WTA Tour Championships final. 5.00 Live Snooker. The Northern Ireland Trophy final. 6.00 Motorsports Weekend 6.15 Beach Soccer 7.15 Snooker 7.30 Live Snooker. The Northern Ireland Trophy final. 10.30 MotoGP 12.00 Alpine Skiing 12.30 Close

Sky Sports Xtra
6.00 Powerboating 6.30 Live World Pool Championship. Coverage of the final at the Araneta Coliseum in Manila. 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 International Rugby League 12.30 World Sport 1.00 European Tour Golf 5.00 Tennis 7.00 Test Cricket 9.00 European Rugby Special 12.00 World Pool Championship 2.30 Golf Night 5.00 Close



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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.50 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple; (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsworld. (T)

5.35 Neighbours. Rebecca decides to report Richard for the crime he committed 17 years previously but before she can, her father - and only proof of the crime - dies. Rosie accuses Toadie of spending his time getting high but the real culprit is about to be revealed. Lou feels guilty about lice-ridden Mickey. (R) (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T)

7.30 Helicopter Heroes. Richard Hammond follows the work of the Yorkshire Air Ambulance service who rescued him following a potentially fatal crash while filming Top Gear in September 2006. The crew attend to a bus crash in Bronte county, battle the elements to save a badly injured motorcyclist and assist the RAF in a particularly tricky rescue. (T)

8.00 EastEnders. Ian learns Steven has discharged himself from the clinic and leaves Jane alone to confront Pat on his whereabouts - certain she knows where he is. Honey jokingly tries to think of ways to bring on labour as her due date arrives, but Billy has other things on his mind. Jane asks Dawn out on a date to the Vic but trouble lurks outside. (T)

8.30 Panorama. Jeremy Vine presents an update on the condition of 14-year-old Craig Buxton, who has been receiving medication for the behavioural disorder ADHD since he was five, and reporter Shelley Joffe looks at research showing the inefficacy of the drugs. (T) Heroes & Villains. (T)

10.00 BBC News at Ten O'Clock. (T) 10.25 Regional News; Weather. (T) 10.35 Live at the Apollo. Jack Dee hosts the stand-up show from the world-famous Hammer-smith Apollo. (T)

11.20 Inside Sport. Weekly round-up, presented by Gabby Logan, with journalists Steve Bunce and Des Kelly. (T)

12.00 FILM: Out of Bounds (2003). Thriller, starring Sophia Ward. (T) 3.35 Celebrity Scissorhands. (T) 2.35 Sign Zone: The Great Phone Swindle. (T) 3.05 Sign Zone: Countryfile: The Summer Diaries. (R) (T) 4.05 Sign Zone: Kitchen Criminals. (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsworld. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) (T) 9.30 CBeebies Autumnwatch. (R) (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: See You, See Me. (T) 10.50 BBC Primary History. (T) 11.10 BBC Primary Geography. (T) 11.30 Hands Up! (T) 11.45 Watch. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: KS2 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 Emotional Literacy. (T) 1.30 Hands on Nature. (T) 2.00 Dirty Rotten Cheater. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Inside Burma's Uprising: This World. Andrew Haring reports on the civil revolt in Burma earlier this year, following the story of a group of men who escaped a military crackdown which reportedly killed hundreds. (T) 7.30 Mastermind. Subjects include Johnny Cash and ships of the Royal Navy 1945-2007. (T) 8.00 Autumnwatch 2007. Update on the swans, geese and beavers from Martin Mere. (T) 9.00 Capturing Mary. A woman is made to reminisce about her glamorous youth. (T) 10.40 Newsnight; Weather. (T) 11.30 A Real Summer. (R) (T) 12.15 BBC News 24. (T) 2.00 BBC Learning Zone. (R)

Pick of the Day

I'm a Celebrity Get Me Out of Here! (ITV1, 9pm)

Believe it or not, it's the seventh series of the reality show that sticks ten B-list celebs in the wilds of the Australian jungle, subject to meagre rations, challenging tasks and public votes to narrow down the bunch to one winner, who becomes King or Queen of the Jungle. Hosts Ant and Dec lead the rowdy bunch through Bushbucker trials, which have ranged from mundane tasks to the repulsive challenge of eating all sorts of disgusting things, most memorably last year's crocodile penis and kangaroo anus (which helped ex-Busted singer Matt Willis get the winning title). Last year's winner Willis, and his fiancée, MTV presenter Emma Griffiths, will host I'm a Celebrity, Get Me Out of Here Now!, an after-show with extra footage and interviews. Although the celeb roster won't be officially announced until the night of the first show, it's rumoured to include busty ex-Hollyoaks and now Daily Star extraordinary Gemma Atkinson, Babyshambles frontman and tabloid fodder Pete Doherty, and Nineties rap singer MC Hammer, among other surprises. Will anyone find love, like past contestants Katie and Peter? Will they explode with anger like Johnny Rotten? Let's hope so.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vocation. (T) 3 Minute Wonder. (R) (T) 10.00 Teen Tycoons. (R) (T) 3 Minute Wonder. (R) (T) 10.30 Tricky Business. (R) (T) 11.00 Trouble Online. (R) (T) Before and After. (R) (T) 11.30 Tricky Business. (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 FILM: How to Marry a Millionaire (1953). Comedy, starring Marilyn Monroe. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Dispatches: Bottleneck Britain. Reporter Jason Barlow takes a road trip around the UK to gauge public opinion on the proposed Toll Tax, which offers a pay-as-you-drive solution to congestion. (T) 9.00 D-Day: Time Team Special. Excavation of German fortifications in Normandy. (R) (T) 10.00 Forgotten Heroes: The Not Dead. The stories of three veterans suffering from post-traumatic stress disorder. (T) 11.40 FILM: Enduring Love (2004). Premiere. Downbeat thriller, starring Daniel Craig. (T) 1.25 FILM: My House in Umbria (2003). Premiere. Drama, starring Maggie Smith. (T) 3.15 Strange Little Girls. (R) (bw) 3.35 Unreported World. (R) (T) 4.00 Channel 4 Education.

FIVE

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Framy's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books Special. (T) 1.00 Zoo Days. (R) (T) 1.35 Russell Grant's Postcards. (R) (T) 1.45 FILM: My Son Is Innocent (1996). Courtroom drama, starring Marilu Henner. (T) 3.35 five news update. (T) 3.40 FILM: Mystery Woman: Sing Me a Murder (2005). Premiere. Whodunit, starring Kelly Martin. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Human Guinea Pigs. The volunteers demonstrate the effects of a car crash on the human body. (T) 7.30 five news update. 8.00 The Gadget Show. The team test outdoor gadgets. (T) 9.00 Street Crime Live. Donal MacIntyre presents live footage from the Orchard Park and North Hull estates where he patrols with local police, and talks to a community in Grimsby besieged by youths. (T) 10.00 The Cannibal that Walked Free. A man who butchered and ate a woman but was not imprisoned. (T) 11.05 FILM: Dead Birds (2004). Premiere. Horror, starring Henry Thomas. 12.45 NASCAR. The Checker Auto Parts 500. 1.25 Live NFL. Seattle Seahawks v San Francisco 49ers (Kick-off 1.30am). 5.10 V8 Supercars.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. Chris Tarrant hosts the ultimate game of duplicity and bluff in which it's best for the contestants not to appear too clever if they wish to succeed. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Paul has doubts about his wedding, and turns to Gray for support - but the meeting ends up in the bedroom. Lily throws a cocktail party at Edna's and Katie moves in to Mill Cottage. (T)

7.30 Coronation Street. John struggles to suppress his desire for Rosie when she uses every trick in the book to make him feel uncomfortable on her first day back at school. Jerry has a hard time keeping his head above water without Jodie and, as an exhausted Sarah tackles two jobs, Jason feels bad about not being the breadwinner. (T)

8.00 Thin Blue Line: Tonight. First of two programmes questioning whether falling detection rates in the UK signal that Britain's front line in the war against crime is close to breaking point. (T)

8.30 Coronation Street. Fizz prepares a special meal for John, but is furious to see him return home with Sally and Rosie in his car. David plans his next move when he realises Sarah and Jason have rekindled their love on a romantic date, and old passions resurface when Jamie forgoes a night out with the lads to stay with Violet in the Rovers. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec kick off a new series of the reality show, as 10 stars begin their ordeal in the Australian jungle, destined to struggle through a series of gruelling daily tasks and the dreaded Bushbucker Trials. Socialite Paris Hilton, former Hollyoaks star Gemma Atkinson and Right Said Fred singer Richard Fairbrass are among the famous faces rumoured to be taking part in the celebrity survival challenge. (T)

10.30 ITV News; Weather. (T) 11.05 FILM: The Siege (1998). Thriller, starring Denzel Washington. (T)

1.05 Champions League Weekly. (T) 1.35 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTPI
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1415 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1900 Operação Triunfo 1900 O Preto Certo 1955 Direito de Antena 2000 Teleas 2100 Notas Solitas 2130 Sabe mais do que um Miúdo de 10 anos? 2230 Memphis Belle 0210 Shadow Hours, film 0400 Teleas 0605 Nôs

RTPI
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage. 2300 Roma 2345 Mundos 0030 notas da 2 0115 Discovery Hour 0215 Diga lá Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Elerna Magia 1445 O Profeta 1515 Contacto 1800 Pê na Jaca 1900 Ganharê Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0130 Lisboa e o Prisioneiro 0315 Quando O Telefone Toca

TVI
0700 Diário da Manhã 1000 Voo na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ilhas dos Amores 2215 O Caso Fugitiva 2315 Tu e Eu 0015 Desaparecido 0045 Film TBA 0430 Que Loucura de Família 0500 Teleas

Best of the Rest

BBC3

7.00 Sound 7.30 The Most Annoying Pop Moments - We Hate to Love 8.30 Celebrity Scissorhands 9.30 Tittybangbang 10.00 EastEnders 10.30 Family Guy 10.50 Family Guy 11.15 Tittybangbang 11.45 Celebrity Scissorhands 12.40 The Most Annoying Pop Moments - We Hate to Love 1.40 Don't Tell the Bride 2.35 Celebrity Scissorhands Uncut 4.50 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 A Pembrokehire Farm 8.00 The Genius of Photography 9.00 Visions of the Future 10.00 Film: Invaders from Mars PG (1953) 11.25 The Martians and Us 12.25 Visions of the Future 1.25 The Genius of Photography 2.25 The Martians and Us 3.25 Visions of the Future 4.25 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Film: Undercover Brother 12 (2002) 9.45 Movies Now 10.00 Teen Boob Jobs: Too Much Too Young 10.30 I'm a Celebrity Get Me Out of Here Now! 11.30 Katie & Peter: Unleashed 12.30 Coronation Street 1.00 Coronation Street 1.30 Film: Dante's Peak 12 (1997) 3.30 Teleshopping 5.00 ITV2 Nightscreen 6.00 Close

Sky One

1.00 Cruise with Stelios: Mediterranean 1.30 Lion Man 2.00 Bones 3.00 Stargate SG-

1 4.00 Stargate SG-1 5.00 Are You Smarter Than a Ten Year Old? 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Inside Prisons 10.00 Prison Break 11.00 Journeyman 12.00 Road Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold

1.00 The Good Life 1.40 One Foot in the Grave 2.20 Sorry! 3.00 Open All Hours 3.40 dinnerladies 4.25 Keeping Up Appearances 5.05 The Good Life 5.45 Open All Hours 6.25 Only Fools and Horses 7.05 New Tricks 8.05 The Vicar of Dibley 9.00 My Family 9.40 My Family 10.20 One Foot in the Grave 11.00 The Vicar of Dibley 11.55 Little Britain 12.35 Little Britain 1.15 Prison Break 2.05 Wogan: Now and Then 3.25 The Lenny Henry Show 4.50 Jim'll Fix It Strikes Again 3.50 Jim'll Fix It Strikes Again 4.45 Jim'll Fix It Strikes Again 5.35 Neighbours

TCM

1.00 The Barretts of Wimpole Street PG (1957) 3.00 Royal Wedding U (1951) 4.50 Today We Live U (1933) 7.00 The Biggest Bundle of Them All PG (1968) 9.00 Amores Perros 18 (2000) 11.55 Sitting Target 15 (1972) 1.30 Teleshopping 1.55 Shoes of the Fisherman (1968) 5.00 The Comedians PG (1967)

The Disney Channel

Kids' programmes from 7am, except:

Sky Movies Drama

6.35 Undercover Angel PG (1998) 8.10 Washington Square PG (1997) 10.10 Columbo: Murder - A Self Portrait 12 (1989) 11.45 Cinderella Man 12 (2005) With Russell Crowe. 2.15 Educating Rita 15 (1983) With Michael Caine. 4.15 Columbo: Murder - A Self Portrait 12 (1989) With Peter Falk. 6.00 Washington Square PG (1997) With Jennifer Jason Leigh. 8.00 Cinderella Man 12 (2005) With Russell Crowe. 10.30 Educating Rita 15 (1983) With Michael Caine. 12.30 Two for the Money 15 (2005) With Al Pacino. 2.35 Sunday, Bloody Sunday 15 (1971) With Glenda Jackson. 4.30 Undercover Angel PG (1998)

Sky Movies Comedy

6.00 A Young Connecticut Yankee in King Arthur's Court PG (1994) 7.40 Krippendorf's Tribe 12 (1998) 9.25 Comedy Club Up 9.55 Police Academy 6: City Under Siege PG (1989) 11.25 The Dream Team 15 (1989) With Michael Keaton. 1.25 Saving Grace 15 (1999) With Brenda Blethyn. 3.05 The Benchwarmers 12 (2006) With Rob Schneider. 4.35 The Devil Wears Prada: Behind the Scenes 4.50 Sky High PG (2005) With Kurt Russell. 6.30 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 8.00 My Super Ex-Girlfriend 12 (2006) With Uma Thurman. 9.45 The Benchwarmers 12 (2006) With Rob Schneider. 11.15 Deuce Bigalow: European Gigolo 15

(2005) With Rob Schneider. 12.45 Saving Grace 15 (1999) With Brenda Blethyn. 2.25 The Dream Team 15 (1989) With Michael Keaton. 4.25 Sky High PG (2005)

Sky Movies Action

6.05 In the Line of Duty: Siege at Marion PG (1992) 7.45 Eddie Macon's Run 15 (1983) 9.35 No Way Out 15 (1987) 11.35 Flightplan 12 (2005) With Jodie Foster. 1.30 Eddie Macon's Run 15 (1983) With John Schneider. 3.15 No Way Out 15 (1987) With Kevin Costner. 5.15 Aeon Flux 15 (2005) With Charlize Theron. 7.05 Flightplan 12 (2005) With Jodie Foster. 9.00 Next of Kin 15 (1989) With Patrick Swayze. 10.55 Aeon Flux 15 (2005) With Charlize Theron. 12.35 Highlander III: The Sorcerer 15 (1994) With Christopher Lambert. 2.20 Domino 15 (2005) With Keira Knightley. 4.30 In the Line of Duty: Siege at Marion PG (1992)

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Live Tennis. The ATP Masters Cup. 1.30 Champions League Weekly 2.00 World Sport 2.30 Football First 4.00 Football First 5.30 Soccer AM: The Best Bits 6.30 Big League Weekend 7.30 Live Monday Night Football. Coventry City v West Bromwich Albion (Kick-off 7.45pm). 10.00 Big League Weekend 11.00 Soccer AM: The Best Bits 12.00 Champions League Weekly 12.30 Big League Weekend 1.30 Live NFL. Seattle Seahawks v San Francisco 49ers (Kick-off 1.30am). 5.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 High Altitude 7.00 WWE: Bottom Line 8.00 Sportnation 9.00 Champions League Weekly 9.30 Spanish Football 11.30 Champions League Weekly 12.00 Sportnation 1.00 NFL: Triple Header 4.00 European Rugby Special 7.00 International Cricket 9.00 Tennis 11.00 International Cricket 1.00 Tennis 3.00 Close

Sky Sports 3

6.00 Live Test Cricket. Australia v Sri Lanka. 7.30 Sky Cricket Classic 8.00 Rally World 8.30 Live Test Cricket. South Africa v New Zealand. 4.00 Sky Cricket Classic 4.30 Airports World 5.00 WWE: Raw 7.00 NFL: Triple Header 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late

Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 7.45 Alpine Skiing 8.15 Alpine Skiing 8.45 WTA Tennis 9.45 World Touring Car Championship 10.30 Motorsports Weekend 10.45 CAF Champions League 12.15 Beach Soccer 1.15 WTA Tennis 2.45 MotoGP 4.15 World Touring Car Championship 5.00 Eurogals 6.00 CAF Champions League 7.00 Supercross 8.30 MotoGP 10.00 Champ Car 11.00 Eurogals 12.00 Eurosport Buzz 12.30 Close

Sky Sports Xtra

6.00 Golf Night 8.30 World Pool Championship 11.00 Racing News 11.30 Aerobics Oz Style 12.00 European Rugby Special 3.00 Women's Pool 4.00 High Altitude 4.30 Aerobics Oz Style 5.00 Sportnation 6.00 Airports World 6.30 Wild Spirits 7.00 Women's Pool 8.00 World Motor Sport 10.30 Airports World 11.00 High Altitude 11.30 Wild Spirits 12.00 Women's Pool 1.00 High Altitude 1.30 Wild Spirits 2.00 Airports World 2.30 Women's Pool 3.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Jakers! (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Prank Patrol. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Rebecca is devastated by her father's death. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Unaware that his past has returned to haunt him, Jase enjoys his date with Dawn while a gang raid the Vic looking for him. Patrick and the other Walford men step in to help, but when the situation escalates a heavily pregnant Honey intervenes and her baby's life is left hanging in the balance. (T)

8.00 Holby City. (T)
9.00 Spooks. The failure of another attempt to limit Iran's nuclear threat proves every other nation has their own agenda and operates by their own set of rules. Adam kills a mugger who turns out to be a journalist investigating the Tehran bombing, and his day gets even worse when he has a final meeting with Ana and it becomes clear she has become compromised. Meanwhile, Yalta tests Ros's loyalties further. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Imagine. Alan Yentob profiles provocative French-born American artist Louise Bourgeois, who is still at the cutting edge at almost 96. Talking to the famous figures including Tracey Emin and Antony Gormley, who are inspired by her unsettling products such as giant spiders and plastic body parts, he discovers the emotions behind her most disturbing and inspirational works. (T)

11.25 Film 2007 with Jonathan Ross. Russell Crowe discusses his new movie American Gangster, in which he is reunited with Gladiator director Ridley Scott. Plus, the epic Beowulf, starring Angelina Jolie and Ray Winstone, and the controversial adaptation of Monica Ali's bestselling novel Brick Lane. (T)

11.55 FILM: Ash Wednesday (2002). Thriller, starring Edward Burns; (T) Weatherwise.
1.30 Celebrity Scissorhands. (T) 2.30 Sign Zone: See Hear. (R) (T) 3.00 Sign Zone: Mountain. (R) (T) 4.00 Sign Zone: Kitchen Criminals. (R) (T) 4.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies in the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) (T) 9.30 CBeebies Autumnwatch. 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Watch. (R) (T) 10.45 Friends and Heroes. (T) 11.10 Family Xchange. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Shakespeare: The Animated Tales. (R) (T) 1.30 Hands on Nature. (R) (T) 2.00 Dirty Rotten Cheater. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Dragons' Den. Featuring new Dragon James Caan. (R) (T) 8.00 Autumnwatch 2007. Simon King travels to the Farne Islands, while Bill Oddie and Kate Humble try fattening up hedgehogs to give them a safe hibernation. Plus, the red deer rut reaches its violent climax. (T) 9.00 Classical Star. The final trio face one last performance. Last in series. (T) 10.00 The 800 Million Pound Railway Station. New series. The modernising of St Pancras train station. (T) 10.30 Newsnight; Weather. (T) 11.20 Long Way Down. (R) (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vocation; (T) 3 Minute Wonder. (R) (T) 10.00 Teen Tycoons. (R) (T) 10.30 Tricky Business; (R) (T) Before and After. (R) (T) 11.00 Trouble Online. (R) (T) 11.30 Tricky Business. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 Water Stories. (R) (T) 1.40 FILM: When Eight Bells Toll (1971). Thriller, starring Anthony Hopkins. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Property Ladder. Sarah Beeny meets Matt and Jodie, whose renovations of an Edwardian house in Streatham are hindered by smelly canines staying there as part of their dog-sitting business. (T) 9.00 Ramsay's Kitchen Nightmares. Revisiting a failing pub where morale is at rock bottom. (T) 10.00 Brit Camp: Mums and Daughters. Del and Laura Wardman, who communicate by shouting. Last in series. (T) 11.05 Autopsy: Emergency Room. (T) 12.10 UK Poker Tour. 1.10 Red Bull Air Race 2007. (R) (T) 1.55 KOTV. 2.25 Beach Volleyball. 3.20 Adrenalin Rush. (R) 3.45 Grudge Match. (R) (T) 3.50 Grudge Match. (R) (T) 4.00 Channel 4 Education. (R)

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.25 FILM: Rescuers: Stories of Courage - Two Women (1997). Fact-based drama, starring Elizabeth Perkins. (T) 3.35 five news update. 3.45 FILM: Suburban Madress (2004). Fact-based drama, starring Elizabeth Pena. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The development of locomotives. (R) (T) 7.30 five news update. (T) 8.00 Jonestown Cult Suicides: The True Story. The deaths of 900 followers of Jim Jones in Guyana in 1978; (T) 8.00 five news at 9. 9.00 CSI: Miami. A businessman is killed and a blood sample places his wife as the prime suspect. However, it transpires she has a twin sister and the victim had a double of his own. (T) 10.00 CSI: NY. Employees of a renowned magician are murdered. (R) (T) five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Urban Legends. (T) 12.30 The X Games. 1.15 NBA Basketball. San Antonio Spurs v Los Angeles Lakers (Tip-off 1.30am). 4.00 Football Italiano. 5.10 French Football - Le Championnat.

6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.25 FILM: Rescuers: Stories of Courage - Two Women (1997). Fact-based drama, starring Elizabeth Perkins. (T) 3.35 five news update. 3.45 FILM: Suburban Madress (2004). Fact-based drama, starring Elizabeth Pena. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The development of locomotives. (R) (T) 7.30 five news update. (T) 8.00 Jonestown Cult Suicides: The True Story. The deaths of 900 followers of Jim Jones in Guyana in 1978; (T) 8.00 five news at 9. 9.00 CSI: Miami. A businessman is killed and a blood sample places his wife as the prime suspect. However, it transpires she has a twin sister and the victim had a double of his own. (T) 10.00 CSI: NY. Employees of a renowned magician are murdered. (R) (T) five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Urban Legends. (T) 12.30 The X Games. 1.15 NBA Basketball. San Antonio Spurs v Los Angeles Lakers (Tip-off 1.30am). 4.00 Football Italiano. 5.10 French Football - Le Championnat.

Pick of the Day

Spooks (BBC1, 9pm)
Section D learn that Russian arms dealer Valentino is coming to London to sell nuclear blueprints to Iran, as the acclaimed spy drama continues. Adam is mugged on his way to the airport to intercept Valentino. Believing his attacker is involved in the operation, Adam kills the assailant who happens to be an undercover journalist investigating the Tehran train bomb. To make matters worse, Valentino manages to evade MI5 and proceeds to complete his deal with the Iranians. Ros is helped by Yalta as she tries to trace the Russian and, in return, she agrees to bug the Grid. After successfully locating him, and with the blueprints safely in their possession, they allow Valentino to escape so that they can trace the Iranians when they make the exchange. Meanwhile, after a showdown, Harry discovers the CIA was involved in the deal, which they had set up to derail Iran's nuclear programme. Has each organisation's differing agendas played into the hands of the Middle-Eastern nation? Later, Adam sleeps with Ana who drugs him and leaves him in a bath to drown. Does this signal the end for the spy or will MI5 learn of Ana's betrayal and reach Adam in time?

C4

6.00 Milkshake! The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.25 FILM: Rescuers: Stories of Courage - Two Women (1997). Fact-based drama, starring Elizabeth Perkins. (T) 3.35 five news update. 3.45 FILM: Suburban Madress (2004). Fact-based drama, starring Elizabeth Pena. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The development of locomotives. (R) (T) 7.30 five news update. (T) 8.00 Jonestown Cult Suicides: The True Story. The deaths of 900 followers of Jim Jones in Guyana in 1978; (T) 8.00 five news at 9. 9.00 CSI: Miami. A businessman is killed and a blood sample places his wife as the prime suspect. However, it transpires she has a twin sister and the victim had a double of his own. (T) 10.00 CSI: NY. Employees of a renowned magician are murdered. (R) (T) five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Urban Legends. (T) 12.30 The X Games. 1.15 NBA Basketball. San Antonio Spurs v Los Angeles Lakers (Tip-off 1.30am). 4.00 Football Italiano. 5.10 French Football - Le Championnat.

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. Chris Tarrant hosts the game of bluff. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Jonny demands details following Paul's confession about his night with Gray. When he hears the devastating news that it was Paul who made the first move, he says the relationship is over and plans to leave the village. Debbie tries to keep her new man away from her family and Lily opens up to Edna. (T)

7.30 Routemaster: Goodbye London, Hello World! The fate of the British Routemaster following its displacement by German bendy buses. From its status as a symbol of worship by Buddhist monks to its use as a burger bar in Sri Lanka, the vehicle is seen being driven by playboy millionaires and flying the flag in the Falklands, while for some the future is sealed by the crusher. (T)

8.00 Trinny & Susannah Undress The Nation. Believing that men are the forgotten shoppers, the duo use hidden cameras to observe male shopping habits before launching a Male Dress Code and holding a men-only shopping day in a top London department store. The pair are determined to pass on style tips and advice, but contemplate whether their subjects will be prepared to listen. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity survival challenge, in which this season's 10 famous faces get a rude awakening as they try to settle into their new jungle home. (T)

10.00 Summer of Noise. Noise control teams up and down the country respond to complaints ranging from boisterous builders to loud music, train horns, barking dogs and even a stray peacock. There's also the story of an 83-year-old war veteran who has notched up more than 250 complaints concerning sound pollution. (T)

10.30 ITV News; Weather. (T)

11.05 The King's Cross Fire - National Disaster. Account of the 1987 fire at King's Cross underground station, from the perspective of those who survived the tragedy, including a trio of policemen trapped in the blaze for three hours. (R) (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1435 Lingo
1530 Portugal no Coração
1745 Operação Triunfo 2130
Telesales 2100 A Guerra 2200
Sabe mais do que um Miúdo de
10 Anos? 0045 Câmara Café
0145 Palavras pra Quê 0215
Trío D Ataque 0415 Telesales
0605 Nós

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Siciedade Film 1530 Sim, Amor
1600 Zig Zag 1700 National
Geographic 1815 Diário de
Sofia 1830 A fé Dos Homens
1900 2010 1945 Zig Zag 2045
Todos Contas o Chris 2115
National Geographic 2200
News 2240 ER 2330 Animais
Como nós 0030 Noites da 2
0115 Discovery Hour 0215
Câmara Clara 0315 2010 0400
Sociedade Civil 0615
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na
Jaca 1900 Ganhar 6 Que se
Gente Se Entende 2000 News
2115 Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0005
Desperate Housewives 0215
Sex and the City 0330 Olhar
da Serpente

TVI

0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700 Quem
Quer Ganha 1800 Morangos
com Açúcar 2000 News 2115
Olha dos Amores 2215 Doe
Fugitiva 2315 Tu e Eu 0015
Film TBA

Best of the Rest

BBC3

7.00 The Most Annoying Pop
Songs We Hate to Love 8.00
Celebrity Scissorhands 9.00
My Penis and Everyone Else's
10.00 EastEnders 10.30
Spooks 11.30 Celebrity
Scissorhands 12.25 My Penis
and Everyone Else's 1.25 The
Most Annoying Pop Songs We
Hate to Love 2.25 Celebrity
Scissorhands Uncut 4.40
Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Pop Goes the
Sixties 7.35 Batman 8.00
Legends: The Dankworths
9.00 More Dawn French's Boys
Who Do Comedy 9.30 Flight of
the Conchords 10.00 The
History of the World Backwards
10.30 The Madrid Connection:
Storyville 12.00 Film: Little
Dieter Learns to Fly (1997)
1.10 More Dawn French's Boys
Who Do Comedy 1.40 The
History of the World Backwards
2.10 Legends: The Dankworths
3.10 More Dawn French's Boys
Who Do Comedy 3.40 The
History of the World Backwards
4.10 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40 Ricki
Lake 4.25 Sally Jessy Raphael
5.15 Airline 5.45 Judge Judy
7.00 Streetmate 8.00 Film:
Dante's Peak 12 (1997) 10.00
I'm a Celebrity Get Me Out of
Here Now! 11.05 Secret Diary
of a Call Girl 11.35 Entourage
12.05 Film: 10 Things I Hate
About You 12 (1999) 2.00
Teleshopping 4.00 ITV2
Nightscreen 6.00 Close

Sky One

1.00 Cruise with Stelios:

Mediterranean 1.30 Lion Man
2.00 Bones 3.00 Stargate SG-
1 4.00 Stargate SG-1 5.00 Are
You Smarter Than a Ten Year
Old? 6.00 Futurama 6.30 The
Simpsons 7.00 The Simpsons
8.00 Stargate Atlantis 9.00 A Town
Called Eureka 10.00 Road Wars
11.00 Street Wars 12.00 Ross
Kemp on Gangs 1.00 Star Trek:
Voyager 1.50 Star Trek:
Voyager 2.30 Star Trek:
Voyager 3.40 Star Trek:
Voyager 4.20 Dream Team 5.10
Guilty!

UKTV Gold

1.00 The Good Life 1.40 One
Foot in the Grave 2.20 Sorry!
3.00 Open All Hours 3.40
dinnerladies 4.20 Keeping Up
Appearances 5.00 The Good
Life 5.40 Open All Hours 6.20
Only Fools and Horses 7.00
New Tricks 8.05 The Vicar of
Dibley 9.00 Waking the Dead
11.30 The Vicar of Dibley 12.25
Little Britain 1.05 Little Britain
1.45 Prison Break 2.35 Wogan:
Now and Then 3.25 The Lenny
Henry Show 4.05 As Time Goes
By 4.45 Jim'll Fix It Strikes
Again 5.10 Jim'll Fix It Strikes
Again 5.35 Neighbours

TCM

1.00 The Happy Years U (1950)
3.00 The Sunshine Boys PG
(1975) 4.55 The Teahouse of
the August Moon U (1956) 7.15
The Ice Pirates PG (1984) 9.00
Frantic 15 (1988) 11.10 Shoot
the Moon 15 (1982) 1.10
Teleshopping 1.25 The Last Run
15 (1971) 3.10 Hot Millions U
(1968) 5.00 The Champ PG
(1979)

The Disney Channel

Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

6.05 A Time to Decide PG
(2000) 7.45 Driven to
Succeed PG (2004) 9.15
Evita PG (1996) 11.30
Columbo: No Time to Die 15
(1992) With Peter Falk. 1.05
A Time to Decide PG (2000)
With Patty Duke. 2.40
Driven to Succeed PG
(2004) With Cybill
Shepherd. 4.10 Columbo:
No Time to Die 15 (1992)
With Peter Falk. 5.45 Evita
PG (1996) With Madonna.
8.00 Dark Water 15 (2005)
With Jennifer Connelly.
10.00 The Ice Storm 15
(1997) With Sigourney
Weaver. 12.05 Freedoland
15 (2006) With Samuel L
Jackson. 2.05 Power 15
(1986) With Richard Gere.
4.10 A Time to Decide PG
(2000)

Sky Movies Comedy

6.10 Irma la Douce 15 (1963)
8.35 He Said, She Said 12
(1991) 10.40 The Devil
Wears Prada: Behind the
Scenes 11.00 Bean PG
(1997) With Rowan
Atkinson. 12.35 Office
Space 15 (1999) With Ron

Livingston. 2.20 Roll
Bounce PG (2005) With Bow
Wow. 4.20 He Said, She Said
12 (1991) With Kevin Bacon.
6.25 Bean PG (1997) With
Rowan Atkinson. 8.00 Must
Love Dogs 12 (2005) With
Diane Lane. 9.45 The Man
12 (2005) With Samuel L
Jackson. 11.15 Office
Space 15 (1999) With Ron
Livingston. 12.50 Twin Town
18 (1997) With Rhys Ifans.
2.35 Fandango 15 (1984)
With Kevin Costner. 4.20
Roll Bounce PG (2005)

Sky Movies Action

6.10 Pacific Heights 15
(1990) 7.55 King Kong 12
(2005) 11.05 Deep Impact
12 (1998) With Robert
Duvall. 1.10 The Abyss:
Special Edition 15 (1989)
With Ed Harris. 4.05 Rush
Hour 12 (1998) With Jackie
Chan. 5.50 King Kong 12
(2005) With Naomi Watts.
9.00 Deep Impact 12 (1998)
With Robert Duvall. 11.05
Rush Hour 12 (1998) With
Jackie Chan. 12.50 Basic
Instinct 2 18 (2006) With
Sharon Stone. 2.50 Coffy
18 (1973) With Pam Grier.
4.25 Mastermind PG (1976)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 Live Tennis:
The ATP Masters Cup.
1.30 Big League Weekend
2.30 Airsports World 3.00
NFL 5.00 NFL: Total
Access 6.00 Foot Brazil
6.30 Revista De La Liga
7.30 Live Football League.
Bournemouth v Milton
Keynes Dons (Kick-off
7.45pm). 10.00 Revista De
La Liga 11.00 A-League
11.30 Foot Brazil 12.00
Football League 1.30 A-
League 2.00 Revista De
La Liga 3.00 World Motor
Sport 5.30 Close

Sky Sports 2

6.00 Soccer AM: The Best
Bits 7.00 WWE: Afterburn
8.00 Big League Weekend
9.00 High Altitude 9.30
World Motor Sport 12.00

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Smart. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Oliver sees his father's true colours and orders him to stay away from the family. An emotional talk from Steph prompts Toadie to quit his job and Storie's wife arrives in town. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Stories of interest to the region. Last in series. (T)

8.00 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T)

8.30 The Enforcers. New series. Baliff Jamie Waller and his team use the latest technology, including automatic number-plate recognition, in the search for persistent parking fine evaders. In the first programme, a man with 19 outstanding tickets is caught and an offender threatens the bailiffs with a baseball bat. (T)
9.00 The Nature of Britain. Alan Titchmarsh explores Britain's woodland areas. In the south he observes the tiny bird goldcrest, the country's largest land mammal the red deer, the beautiful purple emperor butterfly and African visitor the honey buzzard. The presenter also heads north where he ventures into the Caledonian pine forests of Scotland and views crossbills and reflects on the importance of trees. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. John Barrowman performs and Kirsty Gallacher announces the all-important numbers. (T)

10.40 Baddiel and the Missing Nazi Millions. David Baddiel learns how Jews lost properties, businesses and belongings worth the equivalent of \$150billion during the Holocaust and discovers many are still struggling to claim compensation. The presenter travels to Berlin where he meets the grandson of the world's first mass condom manufacturer Julius Fromm, who lost his business to Herman Goering's godmother, and art expert Anne Webber who reveals up to \$30billion-worth of art stolen by the Nazis is still missing. (T)

11.30 FILM: Rob Roy (1995). Highland adventure, starring Liam Neeson; (T) Weatherview.

1.45 Celebrity Scissorhands. (T) 2.45 Sign Zone: Antiques Roadshow. (R) (T) 3.45 Sign Zone: Michael Paine's New Europe. (R) (T) 4.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (R) (T) 9.20 Pingu. (R) 9.30 CBeebies Autumnwatch. (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Coast. (T) 10.40 Family Xchange. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Dirty Rotten Cheater. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. The team compete to find the fastest way to get around London - by bike, boat or car. Plus, the Caparo Ti1 is timed on the track and Simon Cowell is the Star in a Reasonably Priced Car. (R) (T) 8.00 Autumnwatch 2007. Update on the progress of the swans. (T) 9.00 Heroes. Peter is confronted by Sylar. (T) 9.45 Heroes Unmasked. Tribute to Isaac Mendez, played by Santiago Cabrera. (T) 10.00 The 800 Million Pound Railway Station. Engineers and builders attempt to meet a deadline. (T) 10.30 Newsnight; Weather. (T) 11.20 Man Stroke Woman. (T) 11.50 Charlie Brooker's Screenwipe. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Heroes (BBC2, 9pm)

The addictive and incredibly popular American epic drama continues the climb towards its first-season climax. Although we know from previous episodes that New York City will be reduced to ash from a massive nuclear explosion unless the heroes stop it, new twists and turns are revealed each week as the characters' paths cross. Here, Sylar (Zachary Quinto), who has taken it upon himself to accumulate the powers of all the heroes, leaving a trail of death behind him, engages in battle with power-sponge Peter, and captures future-painting Isaac. The mysterious Linderman (Malcom McDowell) reveals the future to flying politician Nathan (Adrian Pasdar), and gets the help of another hero. Claire (Hayden Panettiere) had already discovered that her biological mother was alive and well, and had a secret power of her own involving spontaneous fire. Now the troubled cheerleader finally meets her biological father, Nathan. Her adoptive father, along with mind-reader Matt (Greg Grunberg) and radioactive Ted (Matthew John Armstrong), try to escape from Thompson (Eric Roberts), and Hiro (Maki Osa) is surprised by who he meets.

C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vocation; (T) 3. Minute Wonder. (R) (T) 10.00 Teen Tycoons. (R) (T) 10.30 Tricky Business; (R) (T) Before and After. (R) (T) 11.00 Trouble Online; (R) (T) Before and After. (R) (T) 11.30 Tricky Business; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 How Clean Is Your House? (R) (T) 2.05 FILM: Waterloo Road (1944). Wartime drama, starring John Mills. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 How to Look Good Naked. New series. Encouraging women to feel confident in their looks. (T) 9.00 The Secret Millionaire. Property developer Chek Whyte, who grew up on one of the poorest housing estates in England and became one of the richest men in the country, helps people in need from Salford. (T) 10.00 Love Trap. Five men from around the world compete to win the heart of a woman as the romantic behaviour of people from different countries is scrutinised. (T) 11.05 Ramsay's Kitchen Nightmares. (R) (T) 12.10 Studio 60 on the Sunset Strip. (T) 1.10 Studio 60 on the Sunset Strip. (T) 2.10 King of the Hill. 2.35 FILM: The Delinquents (1989). Romantic drama, starring Kylie Minogue. (T) 4.25 Headland. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 FILM: The Deliverance of Elaine (1996). Drama, starring Mare Winningham. (T) 3.30 five news update. 3.40 FILM: The Promise (1999). Drama, starring Isabella Hofmann. 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Binge Britain: Diet Doctors Specials. Iwan Thomas demonstrates the effects of eating too much red meat; 7.30 five news update. 8.00 Diet Doctors: Inside and Out. Nutritional experts dispense advice; (T) 8.00 five news at 9. 9.00 FILM: Half Past Dead (2003). Crooks storm a jail, intent on freeing a prisoner and getting their hands on \$200million, but reckon without a tough FBI agent. Action adventure, with Steven Seagal. (T) 11.00 Pleasure for Sale. 12.00 Winning Poker with Jesse May. (T) 1.05 NHL Ice Hockey. 3.40 Race and Rally UK. 4.05 Motorsport Mundial. 4.30 NHRA Drag Racing.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. Chris Tarrant hosts the ultimate game of duplicity and bluff in which it's best for the contestants not to appear too clever if they wish to succeed. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Eli's jealousy over Debbie's new romance grows when he hears from Chas how happy they are. Rodney is concerned about the state of Paul and Jonny's relationship. (T)

7.30 Coronation Street. Jamie and Violet decide to give their relationship another chance. Sean tells Marcus he wants to be a father to the baby and Lloyd encourages Claire to join him at a singles night. (T)

8.00 The Bill. In the first of an experimental three-part interactive story, Tom Chadbon stars as an MP who crosses swords with John Heaton in a heated TV interview by fuelling tensions in the lead-up to a Rock Against Racism concert. Viewers can play detective by exploring the official case file and create a virtual incident room by scrutinising CCTV footage and mobile phone messages not seen in the programme. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity challenge, as the 10 famous competitors continue their ordeal in the Australian jungle. (T)

10.00 Coronation Street - The Wedding Special. Matthew Kelly recalls some of the 69 weddings that have taken place during the soap's long run. Highlights include Sunita's nightmare bigamy arrest, Shelley's brushes with bad boys Peter and Charlie and the bizarre union of Tracy Barlow and Roy Cropper. Ken and Deirdre's big days and the turbulent wedding woes of Gail Platt are also featured, and the host reveals the identity of the character who has made the most wedding proposals. (T)

10.30 ITV News; Weather. (T)
11.05 The Fifty Five Year Old Commando. Film-maker Chris Terrill attempts to become the oldest man to complete the Royal Marine Commando training course, tackling challenges including a 30-mile route march across Dartmoor. (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1700 Lingo
1800 Portugal em Directo 1900
Operação Triunfo 1905 O Preço
Certo 1955 Direito de Antena
2000 News 0100 Operação
Trinfo 0145 Underground, film
Teleales 0605 Nds
RTP2
0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Sim, Amor
1600 Zig Zag 1700 National
Geographic 1815 Diário de Sofia
1830 a Fé dos Homens 1900
Biosfera 1945 Zig Zag 2045
Todos Contra o Chris 2115
national Geographic 2200 News
2240 24 2315 Bastidores 2330
Clube de Jornalistas 0030
Noites da 2 0115 Discovery
Hour 0215 Consigo 0245
Bastidores 0315 Biosfera 0400
Sociedade Civil 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta 1515
Contacto 1800 Pê na Jaca 1900
Ganhá e Que se Gente Se
Entende 2000 News 2115
Chiquititas 2215 Paraíso Tropical
2315 Vingança 0045 Film TBA
0215 Sex and the City 0330 Olhar
da Serpente
TVI
0700 Diário Da Manhã 1000
Voz na TV 1300 News 1400
As Tardes da Júlia 1700 Que
Quer Ganha 1800 Morangos
com Açúcar - Férias de Verão
2000 News 2115 Ilha dos
Amores 2215 Doce Fugitiva
2315 Tu e Eu 0015 Film TBA
0230 Toca a Ganhar 0345 TVI
Negócios 0400 O Portector IV
0500 Teleases

Best of the Rest

BBC3
7.00 EastEnders Affairs
8.00 Celebrity Scissorhands
9.00 Drop Dead Gorgeous
10.00 Heroes 10.45 Film:
Buffy the Vampire Slayer 15
(1992) 12.05 Celebrity
Scissorhands 1.05 Drop
Dead Gorgeous 2.05
Celebrity Scissorhands
Uncut 4.20 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Goes the
Sixties 7.35 Batman 8.00
Visions of the Future 9.00
What Did You Do in the Great
War, Daddy? 10.00 The
Nature of Britain: A User's
Guide 11.00 Digging the
Past 12.00 Northern
Renaissance 1.00 Northern
Renaissance 3.00 The
Nature of Britain: A User's
Guide 4.00 Close
ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40
Ricki Lake 4.25 Sally Jessy
Raphael 5.15 Airline 5.45
Judge Judy 7.00 The New
Adventures of Superman
8.00 Film: 10 Things I Hate
About You 12 (1999) 10.00
I'm a Celebrity Get Me Out
of Here Now! 11.05 Katy
Brand's Big Ass Show 11.35
Coronation Street 12.05
Film: Spirit Trap 15 (2005)
2.00 Teleshopping 4.00 ITV2
Nightscreen 6.00 Close
Sky One
1.00 Cruise with Stelios:
Mediterranean 1.30 Lion
Man 2.00 Bones 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter

Than a Ten Year Old? 6.00
Futurama 6.30 The Simpsons
7.00 The Simpsons 7.30 The
Simpsons 8.00 The
Simpsons 8.30 The
Simpsons 9.00 Film: Crash
n' Burn 15 (2007) 10.35
Inside Prisons 11.35 Road
Wars 12.35 Law & Order 1.25
America's Dumbest
Criminals 1.50 Star Trek:
Voyager 2.40 Star Trek:
Voyager 3.30 Star Trek:
Voyager 4.20 Star Trek:
Voyager 5.10 Dream Team
UKTV Gold
1.00 The Good Life 1.40 One
Foot in the Grave 2.20 Sorry!
3.00 Open All Hours 3.40
dinnerlads 4.20 Keeping
Up Appearances 5.00 The
Good Life 5.40 Open All
Hours 6.20 Only Fools and
Horses 7.00 New Tricks 8.05
The Vicar of Dibley 9.00 New
Tricks 10.00 Shark 11.00
The Vicar of Dibley 12.10
Little Britain 12.50 Little
Britain 1.30 Prison Break
2.25 The Lenny Henry Show
3.55 Wogan: Now and Then
3.45 Sitcom Showdown 4.45
Casualty 5.35 Neighbours
TCM
1.00 It Started with a Kiss
PG (1959) 3.00 The Tender
Trap PG (1955) 5.10 The
Harvey Girls PG (1946) 7.00
Brass Target PG (1978) 9.00
The Outlaw Josey Wales 18
(1976) 11.25 Zabriskie Point
15 (1970) 1.30 Arturo's
Island 15 (1962) 3.00
Teleshopping 3.15 A Patch
of Blue PG (1965) 5.00 Alfred
the Great PG (1969)
The Disney Channel
Kids' programme from 7am,
except:

MOVIES

Sky Movies Drama

6.00 Song of Norway U (1970)
8.30 Victim of Love PG (1993)
10.10 Columbo: Strange
Bedfellows PG (1995) 11.50
The White Countess PG
(2005) With Ralph Fiennes.
2.10 Victim of Love PG (1993)
With Dwight Schultz. 3.45 The
Devil Wears Prada: Behind
the Scenes 4.00 Columbo:
Strange Bedfellows PG
(1995) With Peter Falk. 5.40
The White Countess PG
(2005) With Ralph Fiennes.
8.00 Goal! 12 (2005) With
Kuno Becker. 10.00 The New
World 12 (2005) With Colin
Farrell. 12.25 Broken Flowers
15 (2005) With Bill Murray.
2.15 Better Luck Tomorrow
15 (2002) With Parry Shen.
3.55 Piccadilly Jim 12 (2004)
5.35 Victim of Love PG (1993)

Sky Movies Comedy

6.15 Still Crazy 15 (1998)
7.55 Big Bully PG (1995) 9.30
Meatballs 15 (1979) 11.15
Smoke and the Bandit III 15
(1983) With Jackie Gleason.
12.50 Life 15 (1999) With
Eddie Murphy. 2.40 Harold &
Kumar Get the Munchies 15
(2005) With John Cho. 4.10
Bad News Bears 12 (2005)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Sky Movies Action

With Billy Bob Thornton. 6.10
She's the Man 12 (2006) With
Amanda Bynes. 8.00 Harold
& Kumar Get the Munchies
15 (2005) With John Cho.
9.30 Life 15 (1999) With Eddie
Murphy. 11.30 The Brady
Bunch in the White House 12
(2002) With Shelley Long.
1.05 Meatballs 15 (1979) With
Bill Murray. 2.45 Smoke and
the Bandit III 15 (1983) With
Jackie Gleason. 4.20 Big
Bully PG (1995)

Sky Movies Action

6.00 The Escapist 15 (2001)
7.45 Switchback 15 (1997)
9.55 Mayday 12 (2005) 11.35
The Escapist 15 (2001) With
Jonny Lee Miller. 1.20 Inside
Man 15 (2006) With Denzel
Washington. 3.35
Switchback 15 (1997) With
Dennis Quaid. 5.35 Mayday
12 (2005) With Aidan Quinn.
7.10 The Dukes of Hazzard
12 (2005) With Seann William
Scott. 9.00 Inside Man 15
(2006) With Denzel
Washington. 11.15 Black
Rain 18 (1989) With Michael
Douglas. 1.25 Mississippi
Burning 18 (1988) With Gene
Hackman. 3.35 Back to
Business 18 (1997) 5.15
Ransom PG (1975)

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 Live Tennis. The ATP
Masters Cup. 1.20 Revista De
La Liga 2.30 Football League
4.00 A-League 4.30 Revista
De La Liga 5.30 A-League 6.00
Futbol Mundial 6.30 European
Tour Weekly 7.00 Total Rugby
7.30 Futbol Mundial 8.00 Live
Ringside Special. Darren Barker
v Ben Crampton. 10.00 You're
on Sky Sports! 11.30 Futbol
Mundial 12.00 Ringside Special
2.00 Poker Million 4.00 You're
on Sky Sports! 5.30 FIFA Futbol
Mundial

Sky Sports 2

6.00 Revista De La Liga 7.00
WWE: Heat 8.00 Revista De La
Liga 9.00 Football League 10.30
Poker Million 12.30 Spirit of
Yachting 1.00 Yachting 2.00
Poker Million 4.00 Golf 5.00
NFL: Total Access 6.00 High
Altitude 6.30 Athletics 7.30
Live International Rugby
League. The World Cup
qualifying play-off final. 9.30
FIFA Futbol Mundial 10.00 Total
Rugby 10.30 European Tour
Weekly 11.00 NFL: Total
Access 12.00 International
Rugby League 2.00 Tennis 4.00
Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30
High Altitude 7.00 Aerobics Oz
Style 7.30 High Altitude 8.00
Sports Unlimited 9.00 Golf
10.00 Yachting 11.00 Racing
News 11.30 Aerobics Oz Style
12.00 Sports Unlimited 1.00
NFL: Total Access 2.00
Kiteboarding 2.30 360 Surfing

Sky Sports 1

3.00 Squash 4.00 Spirit of
Yachting 4.30 WWE: Bottom
Line 5.30 WWE: Aftershow 6.30
Carp Fest 2007 7.30 Live
Greyhound Racing. This
evening's All England Cup final.
10.00 Tennis 12.00 PGA
EuroPro Tour Golf 2.00
Athletics 3.00 Golf 4.00 Carp
Fest 2007 5.00 Close

British Eurosport

7.30 Yoz Magazine 8.00
Eurogals 9.00 Beach Soccer
10.00 Supercross 11.00
Strongest Man 11.30 Trial
Bikes 12.00 Eurogals 1.00
World Touring Car
Championship 2.00 World
Touring Car Championship 3.05
euroCRASH! 3.15 International
Football 4.15 International
Football 5.00 Eurogals 5.15
Wednesday Selection 5.20
Show Jumping 6.20 Show
Jumping 6.50 Riders Club 6.55
Wednesday Selection 7.00
European Tour Golf 7.30 Golf
Club 7.35 Yacht Club 7.40
Wednesday Selection 7.45
Figure Skating 9.45 WATTS
10.00 Escape 10.30 Champ
Car 11.30 World Rally
Championship 12.30 Close

Sky Sports Xtra

12.00 PGA EuroPro Tour Golf
2.00 Golf 3.00 Women's Pool
4.00 High Altitude 4.30 Irish
Greyhound Racing 5.00
Squash 6.00 Show Jumping
7.00 PGA EuroPro Tour Golf
9.00 Golf 10.00 Carp Fest 2007
11.00 Watersports World 12.00
Transworld Sport 1.00 High
Altitude 1.30 Women's Pool
2.30 Show Jumping 3.30
Squash 4.30 Max Power 5.30
Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Jakers! (R) (T) 3.45 The Secret Show. (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Hedz. (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. Karl becomes convinced his company is selling defective drugs to Third World countries and breaks in to the warehouse to gather evidence. Bridget and Miranda find Riley and plead with him to return home, while Lucia hopes for a reconciliation between Oliver and Carmella. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Honey and Billy's baby fights for its life - leaving Jase devastated and vowing to leave Walford after all the trouble he has caused. Ronnie and Roxy try to restore the Vic after the riot and Phil returns to the Square. Steven opens up to Pat when she discovers him sleeping on a bench. (T)

8.00 Waterloo Road. Jack and the school are in the media spotlight yet again as he speaks to reporters about Chlo's disappearance. Donte steals Lewis's moped and goes to look for his wife, while Jack's efforts to win back Davina fail. His day worsens when Eddie discovers his use for the Excellence in Cities' money and he is called to explain himself at a governors' meeting. (T)

9.00 The Street. Eddie agrees to attend a charity auction in a bid to impress his first love Pat - now married to his old friend Bob. His wife Margie initially agrees to go along, but decides to forego the event when she discovers a lump in her breast. A night of big spending and heavy drinking marks the start of a chain of unfortunate events that leave Eddie and his wife looking to each other for support. Timothy Spall and Ger Ryan star. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week (T) Holiday Weather.

12.25 Celebrity Scissorhands. (T) 1.25 Sign Zone: Panorama. (R) (T) 1.55 Sign Zone: Nureyev - From Russia with Love. (R) (T) 3.25 Sign Zone: Great British Journeys. (R) (T) 4.25 Sign Zone: Kitchen Criminals. (R) (T) 4.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (R) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.20 Pingu. (R) 9.30 CBeebies Autumnwatch. (R) (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Big Slam Poetry. (T) 10.50 BBC Primary Geography. (T) 11.10 Look and Read. (T) 11.30 Let's Write a Story. (T) 11.45 Pod's Mission. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (R) (T) 1.30 Hands on Nature. (T) 2.00 Dirty Rotten Cheater. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Rick Stein's Mediterranean Escapes. The fish market in Catania, Sicily. (R) (T) 8.00 Autumnwatch 2007. The highs and lows of the past fortnight. Last in series. (T) 9.00 Never Mind the Buzzcocks. New series. Simon Amstell hosts the irreverent music quiz. (T) 9.30 Lead Balloon. New series. Sitcom, starring Jack Dee as self-deluded comedian Rick Spleen. Rick appears as a "Celebrity Oracle", on day-time quiz show Trick or Treat. (T) 10.00 The Graham Norton Show. Comedy talk show. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Heroes. (R) (T) 12.05 Charlie Brooker's Screenwipe. (R) (T) 12.35 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Street (BBC1, 9pm)
Jimmy McGovern's Emmy-nominated series continues with another stand-alone story. Street resident Eddie McEvoy (Timothy Spall) spends countless hours wracking up the overtime driving his taxi. Romantic feelings are rekindled when he picks up an old friend, Bob Hewitt (Matthew Marsh), who is married to Pat (Kim Thompson), Eddie's first love. Eddie, although supposedly happily married to wife Margie (Ger Ryan), can't resist seeing Pat again, and accepts Bob's invitation to a charity event. Margie reluctantly agrees to go along, but changes her mind when she discovers a lump in her breast while showering. Eddie, furious with his wife for standing him up, drinks the night away, and when the charity auction begins, sets out to impress Pat. But the evening proves more expensive than he'd anticipated and he goes home drunk having spent the last of his wages. Eddie's taxi is shunted from behind the following morning and, although the offending driver takes full responsibility, the police breathalyse Eddie and discover that he's over the limit. Meanwhile, Margie visits the hospital for tests, but the results are inconclusive. Will Eddie reveal the true extent of his financial situation to his wife and will Margie continue to face her potential battle with breast cancer alone?

C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Vocation, Vocation, Vocation; (T) 3 Minute Wonder. (R) (T) 10.00 Live Now, Pay Later; (R) (T) Before and After. (R) (T) 10.30 Live Now, Pay Later; (R) (T) Before and After. (R) (T) 11.00 Trouble Online. (R) (T) 11.30 Tricky Business. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.35 Great British Brands. (R) (T) 1.50 FILM: The Tiffid Thunderbolt (1953). Ealing comedy, starring Stanley Holloway. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 River Cottage: Gone Fishing. Hugh Fearnley-Whittingstall travels to the Hebrides in Scotland. (T) 9.00 The Mummy Diaries. A clinical psychologist who helps dying mothers say goodbye to their children. (T) 10.00 Without a Trace. Jack goes undercover at a poker club, searching for clues to the whereabouts of a missing man, but ends up being taken hostage by a woman convinced he is there to kill her. (T) 11.00 Shameless. (R) (T) 12.05 4Music: Sugababes: Video Exclusive. 12.10 Coming Up. (T) 12.40 4Music: Duplate Drama. (T) 1.10 FILM: Guru (2007). Premiere. Drama, starring Abhishek Bachchan. 4.10 Home Road Movies. (R) 4.25 Dispatches: Bottleneck Britain. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerdolls. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. 1.35 FILM: The Ascent (1994). Wartime drama, starring Vincent Spano. (T) 3.35 five news update. (T) 3.40 FILM: When Time Expires (1997). Sci-fi thriller, starring Richard Grieco. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Machines. How to keep a helicopter hovering; (R) (T) 7.30 five news update. (T) 8.00 The Seven Deadly Sins of Property Developing. Gary McCausland compiles a list of property developing pitfalls; (T) 8.00 five news at 9. (T) 9.00 The Hotel Inspector. Expert Ruth Watson assesses a nine-bedroom guest house in Great Yarmouth run by a pair of novice hoteliers who desperately need a crash course in the hospitality business. (T) 10.00 Californication. Hank is robbed following a one-night stand. (T) 10.40 30 Rock. (T) 11.10 A Girl's Guide to 21st Century Sex. (R) (T) 12.00 Quiz Call. 4.00 Dutch Football. 5.10 Football Argentina Highlights.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Great Pretender. Chris Tarrant hosts the game of bluff, which is part quiz and part psychological face-off. The contestants thought to have done best are voted off - so it's best not to appear too clever. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Hour-long episode. When Eli spies Sean with another woman, Debbie assumes the worst and exacts revenge. However, when the truth is revealed, her new man is too angry to forgive and ends the relationship - leaving her cousin with a chance to rekindle their romance. Sam and Belle finalise their plans to make home brew, and find an unlikely ally in Lily. (T)

8.00 I'm a Celebrity Get Me Out of Here! Ant and Dec examine the latest goings-on in the Australian jungle, as the famous faces continue settling into their new surroundings and getting to know one another. They also face an unpleasant surprise, as viewers have the chance to vote for which contestant must face the terrors of tonight's live Bushtucker Trial. (T)

9.00 Sold. New comedy drama series, starring Kris Marshall as one of a team of unsuccessful estate agents in which only Danny (Bryan Dick) appears to have a conscience. However, he has a slow start at the company, accidentally exposing a husband's infidelity and upsetting a struggling single mother - to the delight of his new colleagues. Meanwhile, Matt bites off more than he can chew when he and Jonty attempt to dupe a local businessman. Anthony Head and Christina Cole also star. (T)

10.00 I'm a Celebrity Get Me Out of Here! Ant and Dec once again present from the jungle as one of the famous faces takes part in the first live Bushtucker Trial of this series - and this one comes with a couple of extra surprises. Only time will tell whether the event will go down in history alongside the memorable performances by Paul Burrell and Dean Caffrey. (T)

10.30 ITV News; Weather. (T)

11.05 London Talking. (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1435 A Vizinha do Lado, film 1530 Portugal no Coração 1800 Portugal em Directo 1855 Operação Triunfo 1910 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Sabe Mais do que Um Miúdo de 10 Anos? 2245 A Tempestade 0045 Câmara Café 0115 Palavras para Quê...? 0200 Facing Window, film 0400 Teleales 0605 Nds
 RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como Nós 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews
 SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1600 Film TBA 1800 Film TBA 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA
 TVI
0700 Diário Da Manhã 1000 Vozé na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açúcar 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritório 0200 Cartas das Artes 0230 Toca a Ganhar 0345 TVI Negócios 0400 Protector IV 0445 Teleales

Best of the Rest

BBC3
7.00 TV Gaffes Galore 8.00 Don't Tell the Bride 9.00 Celebrity Scissorhands 10.00 EastEnders 10.30 The Mighty Boosh 11.00 Comedy Shuffle 11.30 Celebrity Scissorhands 12.25 Tittybangbang 12.55 Don't Tell the Bride 1.50 The Mighty Boosh 2.20 Comedy Shuffle 2.50 Tittybangbang 3.20 My Penis and Everyone Else's 4.20 Close
 BBC4
7.00 World News Today 7.00 Weather 7.30 Doctors to Be: Twenty Years On 8.00 The Twenties in Colour 9.00 The Genius of Photography 10.00 James Ravilious: A World in Photographs 10.30 The Late Edition 11.00 Party Animals 11.50 Doctors to Be: Twenty Years On 12.20 The Genius of Photography 1.20 The Twenties in Colour 2.20 The Late Edition 2.50 The Genius of Photography 3.50 Close
 ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Tranny & Susannah Undress The Nation 9.00 Streetmate 10.00 Entourage 10.30 Secret Diary of a Call Girl 11.00 I'm a Celebrity Get Me Out of Here Now! 12.00 The Black Donnellys 1.00 Secret Diary of a Call Girl 1.30 Entourage 2.00 Teleshopping 4.00 ITV2 Nightscreen 6.00 Close
 Sky One
1.00 Cruise with Stelios: Mediterranean 1.30 Lion Man 2.00 Bones 3.00 Stargate SG-

1 4.00 Stargate SG-1 5.00 Are You Smarter Than a Ten Year Old? 6.00 Cirque - Backstage at the Big Top 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Journeyman 11.00 Prison Break 12.00 Road Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!
 UKTV Gold
1.00 The Good Life 1.40 One Foot in the Grave 2.20 Sorry! 3.00 Open All Hours 3.40 dinnerladies 4.20 Keeping Up Appearances 5.00 The Good Life 5.40 Open All Hours 6.20 Only Fools and Horses 7.00 New Tricks 8.05 The Vicar of Dibley 9.00 The Vicar of Dibley's Top 40 Moments 11.00 The Vicar of Dibley 11.55 Little Britain 12.35 Little Britain 1.15 Prison Break 2.10 Wogan: Now and Then 3.00 The Lenny Henry Show 3.30 TV Now and Then 4.00 TV Now and Then 4.45 Wogan: Now and Then 5.35 Neighbours
 TCM
1.00 Mogambo PG (1953) 3.00 They Drive by Night U (1940) 4.50 Elvis: That's the Way It Is PG (1970) 6.45 A Night to Remember PG (1958) 9.00 The Wild Geese 15 (1978) 11.25 Westworld 15 (1973) 1.00 Alex in Wonderland 15 (1970) 2.55 Teleshopping 3.10 Captain Nemo and the Underwater City U (1969) 5.00 The Stratton Story U (1949)
 The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.10 Deep Family Secrets PG (1997) 8.45 Steel Magnolias PG (1989) 10.45 Columbo: The Murder of a Rock Star PG (1991) 12.30 Anna's Dream PG (2002) With Lindsay Marie Felton. 2.00 Drama Close Up 2.30 Just Like Heaven PG (2005) With Reese Witherspoon. 4.15 Columbo: The Murder of a Rock Star PG (1991) With Peter Falk. 6.00 Steel Magnolias PG (1989) With Sally Field. 8.00 Just Like Heaven PG (2005) With Reese Witherspoon. 9.40 Suicide Kings 15 (1997) With Christopher Walken. 11.30 Mean Creek 15 (2004) With Rory Culkin. 1.05 The Doctor 15 (1991) With William Hurt. 3.10 Our America 15 (2002) 4.50 Deep Family Secrets PG (1997)

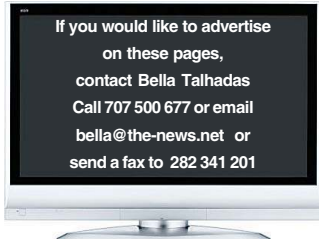
Sky Movies Comedy

6.00 If Only 15 (2004) 7.40 Carolina PG (2003) 9.25 Sky High PG (2005) 11.10 Picture Perfect PG (1997) With Jennifer Aniston. 1.00 Herbie: Fully Loaded U (2005) With Lindsay Lohan. 2.45 If Only 15 (2004) With Jennifer Love Hewitt. 4.25 Sky High PG (2005) With Kurt Russell. 6.10 Picture Perfect PG (1997) With Jennifer Aniston. 8.00 Confetti 15 (2006)

With Martin Freeman. 10.00 American Pie Presents: The Naked Mile 15 (2006) With John White. 11.45 I'm Gonna Get You Sucka 15 (1988) With Keenen Ivory Wayans. 1.20 Carolina PG (2003) With Julia Stiles. 3.05 American Pie Presents: The Naked Mile 15 (2006) 4.50 Herbie: Fully Loaded U (2005)

Sky Movies Action

6.55 Chill Factor 15 (1999) 8.40 The Top 10 Show 8.55 Lord of War 15 (2005) 11.05 Lone Wolf McQuade 18 (1983) With Chuck Norris. 1.05 Diplomatic Siege 15 (1999) With Tom Berenger. 2.55 Chill Factor 15 (1999) With Cuba Gooding Jr. 4.55 Lord of War 15 (2005) With Nicolas Cage. 7.00 Lone Wolf McQuade 18 (1983) With Chuck Norris. 9.00 Dead Calm 15 (1988) With Nicole Kidman. 10.45 Lucky Number Sleev 18 (2006) With Josh Hartnett. 12.45 Domsday Man 15 (1998) With Esai Morales. 2.20 When the Sky Falls 18 (1999) With Joan Allen. 4.15 Point Last Seen PG (1998)



Sky Sports 1

6.00 Live European Tour Golf. The Hong Kong Open. 9.00 Live International Cricket. India v Pakistan. 5.30 Powerboating 6.00 Transworld Sport 7.00 Premier League World 7.30 Live Premier League Snooker. From the Glades Arena in Kidderminster. 11.00 Premier League World 11.30 Live Test Cricket. Australia v Sri Lanka.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Live Tennis. The fifth day's play at the ATP Masters Cup. 1.30 Sports Adventure 2.00 European Tour Golf 5.00 ATP Tennis 5.30 Netball 7.30 Live European Rugby Union. Newcastle Falcons v Brive (Kick-off 7.45pm). 10.00 Race World 11.00 NFL: To Access 12.00 Golf Night 2.00 Premier League Snooker 5.30 Close

Sky Sports 3

6.00 Total Rugby 6.30 FIFA Futbol Mundial 7.00 WWE: Experience 8.00 Athletics 9.00 Ringside Special 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 NFL: Total Access 2.00 High Altitude 2.30 Ringside Special 4.30 WWE: Heat 5.30 WWE Special 6.30 Women's Pool 7.30 International Cricket 9.30 WWE: Late Night - Raw 11.30 WWE Special 12.30 Extreme Championship Wrestling 1.30

European Rugby Union 4.00

British Eurosport

7.30 Escape 8.00 Timbersports Series 8.30 International Football 9.30 French Rugby 10.00 WTA Tennis 11.00 World Rally Championship 12.00 World Rally Championship 12.30 International Football 1.30 World Touring Car Championship 2.15 World Touring Car Championship 3.15 International Football 4.15 International Football 5.00 Eurogoals 5.15 International Football 6.00 Strongest Man 7.00 Strongest Man 8.00 Boxing 10.00 World Rally Championship 10.30 World Touring Car Championship 11.30 World Rally Championship 12.00 Escape 12.30 Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30 High Altitude 7.00 International Rugby League 9.00 Total Rugby 9.30 Irish Greyhound Racing 10.00 Show Jumping 11.00 Transworld Sport 12.00 International Rugby League 2.00 Irish Greyhound Racing 2.30 Total Rugby 3.00 Women's Pool 4.00 Carp Fest 2007 5.00 NFL: Total Access 6.00 Tennis 8.00 Golf Night 10.00 Netball 12.00 Poker Week 12.30 Powerboating 1.00 Women's Pool 2.00 High Altitude 2.30 Sports Adventure 3.00 Poker Week 3.30 Powerboating 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Bargain Hunt; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Pitt & Kantrop. (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (T) 4.30 The Basil Brush Show. (R) (T) 5.00 Trapped. (T) 5.25 Newsround. (T)

5.35 Neighbours. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 Children in Need. Terry Wogan returns for another bumper night of fundraising fun. The telethon kicks off with Lee Mead leading a nationwide performance of Any Dream Will Do - before rushing off to the West End for curtain up on the show. Then the cast of Hollyoaks glam up for a tribute to Marc Bolan, there's a live link-up with the Spice Girls in LA and Fearnie Cotton rubs shoulders with the stars backstage. 7.30pm TMI hosts Sam and Mark go back to their Pop Idol stars for performing a solo classic, X Factor winner Leona Lewis performs her new single Bleeding Love, there's music from the cobbles of Coronation Street and high-kicking kung fu action with the Shaolin Monks. 8.00pm The Spice Girls perform their comeback single Headlines (Friendship Never Ends), the proceeds from which are being donated to Children in Need. There's a special mini-episode of Doctor Who, in which the Time Lord (David Tennant) comes face to face with a previous incarnation of himself (Peter Davison). After that, the Doctor's friend Captain Jack, better known as John Barrowman, sings live in the studio. 8.30pm The stars of Strictly Come Dancing strut their stuff for charity, and there's music by Westlife, Jason Donovan and the cast of Holby City. 9.00pm Junior Dragons' Den, in which a bunch of kids pitch their ideas to the multi-millionaires, and music from Joss Stone. 9.30pm Kylie Minogue makes a welcome return to the Children in Need stage, Albert Square plays host to a psychedelic song-and-dance extravaganza as the EastEnders cast pay tribute to the Beatles' Sgt Pepper, and The Bill become the Rat Pack for one night only. Continues at 10.35pm. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
11.30 Children in Need. (T) Weatherview. (T)
2.05 Sign Zone: Top Gear. (R) (T) 3.05 Sign Zone: You Can't Fire Me, I'm Famous. (R) (T) 3.50 Sign Zone: Kitchen Criminals. (R) (T) 4.20 Sign Zone: Kitchen Criminals. (R) (T) 4.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (T) 9.00 Me Too! (T) 9.20 Pingü. (R) (T) 9.30 CBeebies Autumnwatch. (R) (T) 10.00 Pinky Dinky Doo. (T) 10.15 Numberjacks. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 BBC Primary History. (T) 11.10 Maths Channel. (T) 11.20 Maths Channel. (T) 11.50 What? Where? When? Why? (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Hands on Nature. (T) 2.00 Dirty Rotten Cheater. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Run on the Bank: Penalty Pain. Part two of two. Controversial bank penalty charges. (T) 7.30 Edwardians in Colour: The Wonderful World of Albert Kahn. New series. The adventures of Albert Kahn's photographers. (T) 8.00 A Passion for Plants. Behind the scenes at the Chelsea Flower Show. (T) 8.30 Gardeners' World Special. Carol Klein explores different ways to use colour. (T) 9.00 The Tudors. Henry has doubts about his future. (T) 10.00 QI. Special Children in Need edition of the quirky quiz. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 Blast. (T) 12.45 Match of the Day. (T) 1.15 FILM: Quatermass 2 (1957). Sci-fi chiller, starring Brian Donlevy. (T) (bw) 2.35 Star Trek: The Next Generation. (R) (T) 3.20 Star Trek: The Next Generation. (R) (T) 4.05 Close.

Pick of the Day

Children in Need (BBC1, 7pm)
Strictly Come Dancing hits the screens on a Friday, EastEnders vanishes from the schedules - it can only mean one thing: it's Children in Need time again. Yes, the stars are gearing up for an evening of fun, frolics and fundraising, as the BBC aim to beat last year's record-breaking total, which eventually topped £3million. Any Dream Will Do? winner Lee Mead gets proceedings off to a flying start with a sneaky peek at his new day job - being part of the cast of Joseph and the Amazing Technicolor Dreamcoat, before he surrenders the stage to a never-ending cavalcade of celebrities. Among those who will be putting in an appearance are Annie Lennox, the Spice Girls and John Barrowman who, for those who don't already know, shows there's more to him than hunky Captain Jack Harkness. Anyone keen to see their favourite stars in a different light should tune in for special editions of Doctor Who and Hotel Babylon, while representatives from Radio 1 and 2 go head to head in a corking Never Mind the Buzzcocks. The stars of some of our favourite soaps will also unveil their projects for the show, and as ever, the BBC newsreaders show off their singing and dancing skills.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.30 Vocation, Vocation, Vocation; (T) 3 Minute Wonder. (R) (T) 10.00 Live Now, Pay Later; (R) (T) Before and After. (R) (T) 10.30 Live Now, Pay Later; (R) (T) Before and After. (R) (T) 11.00 Trouble Online. (T) 11.30 Tricky Business. (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 Channel 4 Racing from Cheltenham. Including the 2.30 Cross Country Chase (3m 7f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. The Democratic Forces for the Liberation of Rwanda. Last in series. (T) 8.00 A Place in the Sun: Home or Away. A Yorkshire couple intent on buying a bed and breakfast. (T) 9.05 5.0 Greatest Comedy Sketches. Tom Baker narrates a countdown of the most popular comedic moments of all time, as voted for by viewers, and featuring contributions from actors and writers involved in their creation. (R) (T) 12.10 4Music: Transmission. (T) 1.10 4Music: 4Play: Foy Vance. 1.25 4Music: On Tour with the NME Awards. (R) (T) 2.10 4Music: Empire Square. (T) 2.35 4Music: Dubplate Drama. (R) (T) 3.05 Golassissimo. 4.00 Urban Beach Tour. 4.25 Transworld Sport. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Cooking the Books. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 FILM: Dancing at the Harvest Moon (2002). Romantic drama, starring Jacqueline Bisset. (T) 3.30 five news update. (T) 3.40 FILM: Revenge of the Middle-aged Woman (2004). Light-hearted drama starring Christine Lahti. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Will Work for Nuts. The team attempt to charm worms. (T) 8.00 Nick Baker's Weird Creatures. The naturalist searches for the rare aye aye lemur. (T) 9.00 NCIS. The remains of a Marine are discovered. (R) (T) 10.00 Law & Order. A masked child opens fire on classmates, killing four and wounding 11. When detectives Briscoe and Green investigate, they soon discover more than one likely culprit among the student body. (R) (T) 11.00 Angelo's. (T) 11.30 Valley of the Sex Dolls. (R) (T) 12.00 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Rosemary Shrager's School for Cooks. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)
5.00 The Great Pretender. Chris Tarrant hosts the ultimate game of duplicity and bluff - part quiz and part psychological face-off - in which it's best not to appear too clever. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Sam and Belle's home-brew partnership with Lily is rumbled when too much yeast leads to a massive explosion. Debbie lays down the rules for her new relationship with Eli. (T)
7.30 Coronation Street. A devastated Sean flees from the pub when he learns of Violet and Jamie's reconciliation. Claire makes a fool of herself at the singles night and Liam arrives back on the Street. (T)
8.00 Thin Blue Line: Tonight. Second of two special editions of Tonight investigating falling crime detection rates in the UK. Members of the public discuss how offences committed against them have remained unsolved. (T)
8.30 The Queen: 60 Years of Marriage. ITV News special marking the 60th wedding anniversary of Queen Elizabeth and the Duke of Edinburgh, the most enduring royal marriage in British history. The programme features an interview with Prince Andrew, the Duke of York, and the reminiscences of wedding guests and the royal dress-maker on that auspicious day in 1947. (T)
9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity challenge, as the famous faces continue their ordeal in the Australian jungle. (T)
10.00 Coronation Street Family Album. Corrie cast members past and present including Jean Alexander (Hilda Ogden) and Denise Welsh (Natalie Barnes) reminisce about Kevin and Sally Webster's turbulent relationship. Twice married and often tempted off the straight and narrow, the couple are still together after 21 years, but if their own marital troubles are behind them, the fun is just beginning with daughters Rosie and Sophie emerging as the street's latest teen sirens. (T)
10.30 ITV News; Weather. (T)
11.05 Num3r3s. Don and the team are summoned to lead the hunt for a would-be terrorist who released potentially deadly gas into the Los Angeles underground system. (T)
12.00 Make Your Play; (T) ITV News Headlines. 4.15 Karen Sisco. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 0415 Lingo
1530 Portugal no Coração 1800
Portugal em Directo 1900
Operação Triunfo 1905 O Preço
Certo 2000 Teleasles 2100
Avenida Europa 2130 Conto
2200 Sabe mais do que um
Miúdo de 10 Anos? 0100 The
Eye, film 0045 Teleasles 0605
Nós
RTP2
0700 EuroNews 0715 Zig Zag
1000 Assembleia da República
1300 Zig Zag 1400 Sociedade
Civil 1530 Sim Amor 1600 Zig
Zag 1715 National Geographic
1815 A Fé dos Homens 1900 A
Alma e a Gente 1945 Zig Zag
2045 Todos Conta o Chris 2115
National Geographic 2200 News
1240 Irmãos e Irmãs 2330 Vídeos
0030 Noites da 2. 0130
Basíliadores 0200 Flip 0230 Arte
& emoção 0300 Siciidade Civil
0430 Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente
Se Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI. Las Vegas 0130
Moonraker, film 0330 Polhar da
Serpente
TVI
0700 Diário Da Manhã 1000
Vocé na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Férias
de Verão 2000 News 2115
Euromilhões 2130 Ilha dos
Amores 2215 Dose Fugitiva
2330 Tu e Eu 0030 Film TBA

Best of the Rest

BBC3
7.00 The Real Hustle 7.30 Film:
Buffy the Vampire Slayer 15 (1992)
8.50 Torchwood Declassified 9.00
Torchwood 10.00 Little Britain
10.30 Match of the Day 11.00
Tiffanybanga 11.30 The Mighty
Boosh 12.00 Family Guy 12.20
Family Guy 12.45 Two Pints of
Lager and a Packet of Crisps 1.15
Two Pints of Lager and a Packet
of Crisps 1.40 Tiffanybanga 2.10
The Mighty Boosh 2.40 Torchwood
3.35 Torchwood Declassified 3.45
Last Man Standing 4.45 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 European Roots
8.30 Cambridge Folk Festival 2007
9.00 Legends: Ella Fitzgerald
10.00 Doctors to Be: Twenty
Years On 10.30 QI 11.00 Charlie
Brooker's Screenwipe 1.35
Batman 12.00 Batman 12.25 Flight
of the Conchords 12.50 The
History of the World Backwards
1.20 Legends: Ella Fitzgerald 2.20
European Roots 3.20 Cambridge
Folk Festival 2007 3.50 Close
ITV2
1.30 The Jeremy Kyle Show 2.35
The Jeremy Kyle Show 3.40 Ricki
Lake 4.25 Sally Jessy Raphael
5.15 Airline 5.45 Judge Judy 6.50
The X Factor 8.20 The X Factor -
The Results 9.00 Katie & Peter:
Unleashed 10.00 Katy Brand's
Big Ass Show 10.30 I'm a Celebrity
Get Me Out of Here Now! 11.35
Katie & Peter: Unleashed 12.35
Coronation Street 1.05 Streetmate
2.05 Katy Brand's Big Ass Show
2.20 Teleshopping 4.30 ITV2
Nightscreen 6.00 Close
Sky One
1.00 Cruise with Stellos:
Mediterranean 1.30 Lion Man 2.00
Bones 3.00 Stargate SG-1 4.00
Stargate SG-1 5.00 Are You

Smarter Than a Ten Year Old?
6.00 Futurama 6.30 The Simpsons
7.00 The Simpsons 7.30 The
Simpsons 8.00 Are You Smarter
Than a Ten Year Old? 9.00 Project
Runway 10.00 Film: In the Spider's
Web (2006) 11.40 Road Wars
12.40 Star Trek: Voyager 1.40
Star Trek: Voyager 2.30 Star Trek:
Voyager 3.20 Star Trek:
Voyager 4.20 Dream Team 5.10
Guilty!
UKTV Gold
1.00 The Good Life 1.40 My Hero
2.20 Sony! 3.00 Open All Hours
3.40 dinnerladies 4.20 Keeping
Up Appearances 5.00 My Family
Christmas Special 6.05 The Vicar
of Dibley 7.00 New Tricks 8.00
Dancing with the Stars 9.20
Dancing with the Stars 10.20
EuroMillions: Boom Bang a Bang
10.30 Film: Terminator 3: Rise of
the Machines 12 (2003) 12.45 My
Family Christmas Special 1.50
Prison Break 2.35 The Lenny
Henry Show 3.05 TV Now and
Then 3.40 TV Now and Then 4.15
Wogan: Now and Then 5.35
Neighbours
TCM
1.00 The Opposite Sex PG (1956)
3.00 Soylent Green PG (1973)
4.50 Ten Thousand Bedrooms
PG (1957) 7.00 My Favorite Year
PG (1982) 8.30 The Screening
Room 9.00 Risky Business 18
(1983) 10.55 Shaft 15 (1971)
12.50 The Strawberry Statement
15 (1970) 2.40 Teleshopping 3.00
All Fall Down 12 (1962) 5.00 The
Naked Spur PG (1953)
The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Her Best Move
PG (2007) Comedy, starring Leah
Pipes. 9.30 Film: Her Best Move
PG (2007) Comedy, starring Leah
Pipes.

MOVIES

Sky Movies Drama
6.25 Made in Heaven PG (1987)
8.30 The Clinic PG (2004) 10.15
Columbo: Agenda for Murder
PG (1990) 11.55 Up Close and
Personal 15 (1996) With
Michelle Pfeiffer. 2.05 Memoirs
of a Geisha 12 (2005) With Ziyi
Zhang. 4.30 Columbo: Agenda
for Murder PG (1990) With Peter
Falk. 6.10 Made in Heaven PG
(1987) With Timothy Hutton.
8.00 Up Close and Personal 15
(1996) With Michelle Pfeiffer.
10.10 Memoirs of a Geisha 12
(2005) With Ziyi Zhang. 12.40
The Accused 18 (1988) With
Jodie Foster. 2.35 Noises Off
15 (1992) With Michael Caine.
4.25 The Clinic PG (2004)
Sky Movies Comedy
6.40 Nina's Heavenly Delights
PG (2006) 8.40 Project: ALF
PG (1996) 10.25 Mrs Doubtfire
PG (1993) 12.40 Stay Tuned
PG (1992) With John Ritter.
2.20 The Wedding Singer 12
(1998) With Adam Sandler. 4.10
The Benchwarmers 12 (2006)
With Rob Schneider. 5.45 Mrs
Doubtfire PG (1993) With Robin
Williams. 8.00 The Wedding
Singer 12 (1998) With Adam

Sandler. 10.00 Talladega
Nights: The Ballad of Ricky
Bobby 15 (2006) With Will
Ferrell. 12.10 The
Benchwarmers 12 (2006) With
Rob Schneider. 1.40 Talladega
Nights: The Ballad of Ricky
Bobby 15 (2006) With Will
Ferrell. 3.45 Stay Tuned PG
(1992) 5.15 Nina's Heavenly
Delights PG (2006)
Sky Movies Action
6.00 Too Close to Home PG
(1997) 7.45 The Abyss: Special
Edition 15 (1989) 10.40 Chain
Reaction 12 (1996) 12.35
Fearless 15 (2006) With Jet Li.
2.20 The Abyss: Special
Edition 15 (1989) With Ed
Harris. 5.10 Chain Reaction 12
(1996) With Keanu Reeves.
7.00 Fearless 15 (2006) With
Jet Li. 8.45 American Gangster
Special 9.00 X-Men: The Last
Stand 12 (2006) With Hugh
Jackman. 10.45 Inferno 18
(1999) With Jean-Claude Van
Damme. 12.25 X-Men: The Last
Stand 12 (2006) With Hugh
Jackman. 2.10 The Substitute
2: School's Out 18 (1998) With
Treat Williams. 3.55 Too Close
to Home PG (1997) 5.40 Action
& Thriller Close Up

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Live Test Cricket.
Australia v Sri Lanka. 7.00
Powerboating 7.30 Premier
League World 8.00 Live Test
Cricket. South Africa v New
Zealand. 4.00 Premier League
World 4.30 Big League
Weekend 5.30 Live
International Football. England
Under-21s v Bulgaria Under-
21s (Kick-off 6.00pm). 8.00
Live International Football.
Austria v England (Kick-off
8.00pm). 10.30 Big League
Weekend 11.30 Live Test
Cricket. Australia v Sri Lanka.
Sky Sports 2
6.00 Live European Tour Golf.
The Hong Kong Open. 9.00
Live Tennis: The sixth day's
play at the ATP Masters Cup.
1.30 ATP Tennis 2.00 European
Tour Golf 5.00 NFL: Total
Access 6.00 Test Cricket 8.00
Live European Rugby Union.
Gloucester v Ospreys (Kick-
off 8.00pm). 10.30 NFL: Total
Access 11.30 NFL Weekly
Review 12.00 International
Football 1.30 Big League
Weekend 2.30 Tight Lines 3.30
International Football 5.00 Big
League Weekend
Sky Sports 3
9.00 Netball 11.00 Racing News
11.30 Aerobics Oz Style 12.00
Race World 1.00 NFL: Total
Access 2.00 Premier League
World 2.30 Poker Week 3.00
Race World 4.00 WWE Special
5.00 WWE: Raw 7.00 Rally World
7.30 Golf Night 9.30 NFL Weekly
Review 10.00 WWE: Late Night
- Smackdown 12.00 WWE: Late

Night - Bottom Line 1.00 Golf
Night 3.00 Tennis 5.00 Rally
World 5.30 World Sport
British Eurosport
7.30 WATTS 7.45 World Rally
Championship 8.15 Live World
Touring Car Championship. The
qualifying session from Macau.
9.00 International Football
10.00 Supercross 11.00 World
Touring Car Championship
12.00 World Touring Car
Championship 1.00
euroCRASH! 1.15 International
Football 2.15 International
Football 3.00 Live Luge. World
Cup coverage from Lake Placid.
3.45 Inside Euro 2008 4.15
Live Luge. World Cup coverage
from Lake Placid. 5.00 Inside
Euro 2008 5.15 World Touring
Car Championship 6.00 Trial
Bikes 6.30 Live Futsal. Italy v
Portugal (Kick-off 6.30pm).
8.00 Timbersports Series 8.30
Live Futsal. Czech Republic v
Romania (Kick-off 8.30pm).
10.00 World Rally Championship
10.30 Yoz Magazine 11.00
World Touring Car
Championship 11.45 World Rally
Championship 12.15 Inside
Euro 2008 12.30 Close
Sky Sports Xtra
6.00 WWE Special 7.00 WWE:
Raw 9.00 European Rugby
Union 11.30 Premier League
Snooker 3.00 Women's Pool
4.00 Sportnation 5.00 British
Ice Hockey 7.00 Tight Lines
8.00 NFL Weekly Review 8.30
Test Cricket 10.30 Tennis 12.30
Tight Lines 1.30 NFL Weekly
Review 2.00 British Ice Hockey
4.00 Women's Pool 5.00 NFL:
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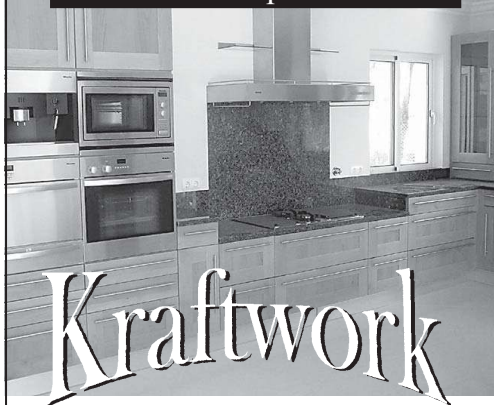
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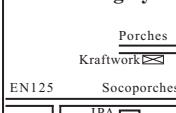
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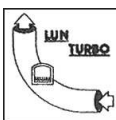
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with Joyce Voelker

Under Construction

At the Christian school where my husband and I minister, we choose a yearly theme. It is always based on a Scripture verse and helps us focus on who God wants each of us to be and what we are asking Him to do in our lives during the school year. This year's school theme is "Under Construction... a work in progress." The idea comes from the verse, Philippians 1:6. "Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

All around our school there is new construction going on. The school is situated on a high hill with an amazing view of greater Lisbon. If you look down the hill from the school's veranda, you see a new neighborhood of apartment buildings being constructed. Looking out the front gate of the school and up the hill on the other side, there are new single family houses in all different phases of construction.

None of this new construction was there when we moved to Portugal six and a half years ago. Our own building is only about ten years old, though the

property was purchased many years earlier when there were not even any roads leading to our little mountain. It has been interesting to observe the slow, tedious process of construction over and over again as the neighborhood around us develops and grows. To build houses of value, the process cannot be rushed. The foundation must be sturdy and each step of the process must be done in the proper order. In the same way, as we seek to build into the lives of our students, we want to be sure to remember that just as God began the work in their lives at conception; it is He who will enable the work to continue. There are times as believers when we try to finish God's work in our own strength and wisdom. It is wise to remember that God's plan is not just to begin a work in us but to also complete it.

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com

REMEMBRANCE SUNDAY SERVICE

ST GEORGE'S CHURCH LISBON

(Rua São Jorge, Estrela)

11 NOVEMBER 10.30 am

OFFICIANT: The Rt Revd Geoffrey Rowell,
Bishop of Gibraltar in Europe

WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel: 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday 6.00pm; Mass each Sunday and Holyday 12 noon Tel: 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa, Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel: 965-363-966

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RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, Nº 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centred, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9.00am in Portuguese and 11.00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10.30am and 7.00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S. PIO X, Estrada de Chelas, 31, 1500 Lisboa. Tel: (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England), Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel: 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England), Av. Bombeiros Voluntários 59 (be-

hind) Hotel Sana Estoril), Sunday School. Service 9.30 am every Sunday. Tel: 21 4692303. **ST. MARY'S, S. PEDRO DO ESTORIL** 368 Rua do Murta, Mass each Sunday and Holyday 10.15am Tel: 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 11.30

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THE SALVATION ARMY, LISBON Reboreira Corps (Praceta Almada Negro, Lote 213 Loja D1 do Exército 11 A), Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm

LISBON SYNAGOGUE, Picheleira, Lisbon (21 805708). **OPORTO** Pereira Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. Tel: 21 2451596.

BAHAI FAITH - Av. Ventura Terra, nº 1, Lisboa. Tel.: 217590474. E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 72 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

THE Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion: 9.30 every Sunday. Info Rosie Baden-Powell 289 328302. St. Luke's, Monte da Palhaqueira, Górges. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Shivas 917 267 948. Luz Senora da Luz Holy Communion 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Evangelical church: First Sunday - Family Eucharist, all other Sundays - Holy Communion with Crêche and Adventurers. 10.30am Community Centre, ALMARCIL (ASCA - Associação Social e Cultural de Almarcil).

For directions (any time) call 282-380311 or see www.allsaintsalgarve.org.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 795 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am, at St. Lourenço Church - Almarcil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almarcil. Further information, please contact the International Catholic Community of Almarcil (Griselda Neto on 966168120 or Vitor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R. C-D1 Portimão. Bible study on Tuesdays 10.45 for 11am at "The Bridge" (A Ponte) in the Cedeira Shopping Centre near the church. Tel: 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@lbev.pt

CHURCH IN LAGOS. Our mission: Matthew 28:18-20. Meeting daily Wednesdays at 7 pm and Sundays at 10.30 am, at Praça Luis de Camões No 14 Lagos. Stefan Saunders (Pastor) Tel: 963 165 983.

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel: 282-086804 or 282-67546

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nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12.30pm. Portuguese translation available. Address: EN125 - Vale de Louzas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel: 282 381 347. Visit our website at www.lagoachristianfellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmario@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459 515

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Bras de Alportel

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Oporto

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO

Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoport.com

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Saudeade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce"). All welcome.

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THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Call Lesley on mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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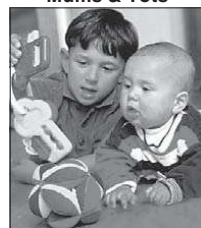
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Earthrace is coming to Portugal

Oporto, Fri 9 November – Sun 11 November

Lisbon, Mon 12 November – Wed 14 November

Faro/Algarve, Thu 15 November – Sun 18 November

Earthrace is currently halfway through an 18-month promotional tour around Europe, prior to beginning the world record attempt from Spain in March 2008. If The Earthrace succeeds, it will mark the first time in history that an official UIM Powerboat world record has been broken using only renewable fuel.

Media and public alike are welcome to come down and see her, meet the crew and find out more about Earthrace's forthcoming attempt to set a new speed record for a powerboat to circumnavigate the globe running 100% biodiesel, and with a net zero carbon-footprint.

A unique attribute of the Earthrace boat is that she has the ability to submarine through waves, and can safely go up to 7m underwater as she does so! This enables the boat to maintain a higher average speed through big seas as compared to a conventional craft.

During each stop on the promotional tour, New Zealand skipper, Pete Bethune and his crew of international volunteers, host public tours on board the boat, and visit local schools in order to increase awareness of environmental issues and the Earthrace itself.

The World Record

Circumnavigating the globe represents the pinnacle of powerboat challenges, and at more than 24,000 nautical miles, is also the world's longest race. The current record of 75 days was set by British boat *Cable & Wireless* in 1998.

Earthrace will begin its record attempt in March 2008. Skipper, Pete Bethune, believes the boat has a realistic chance of completing the circumnavigation in 65 days or less. He said "Smashing the record by 10 days or more is certainly feasible, although we will still be popping champagne corks if we make it in 74 and a half days".

Earthrace Environmental Initiatives

Earthrace bristles with technologies and innovations that reduce our overall environmental



impact. Some of these are listed below:

They run B100 biodiesel, which reduces CO2 emissions by around 78% compared with conventional diesel.

Their antifoul (underwater paint) is completely non-toxic.

This means the hull is cleaned every month or so.

Earthrace is the first boat in the world to use hemp composite. This is visible on the floor of the helm. Hemp is renewable, unlike carbon and Kevlar, and has some interesting properties making it ideal for medium impact areas. The hull shape is extremely efficient, reducing our fuel consumption compared with

conventional craft.

During construction, they used a number of recycled products (such as ice cream containers) that were collected from local schools. In exchange, they provided the schools with discarded MDF and pine to use in their woodworking departments.

For full details of the European tour, visit www.earthrace.net



From left: Graciete Gibbon captain of the Society, the winner Ron Goddard, Jean Judd 3rd, David Gray 2nd and the Managing Director of Portucale, SA, Vitor Campos.

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The RBCGS challenge for the Portucale Stone

On the 1st November Portucale, SA and Ribagolf I hosted the Royal British Club Golfing Society members who competed for the Portucale Stone in its 13th year running.

Ron Goddard adeptly applied his skills and knowledge to win the coveted prize, for the 3rd time, with 35 points and David Gray, whilst driving all par fives in two, found the pin positions difficult to manage and came in 2nd with 32 points. Jean Judd was 3rd with 28 points winning on a count back from Richard Evans 4th. Sally Buxton was 5th with 27 points and also took home the Newstead Cup. Fernando Duarte was 6th with 26 points.

The Nearest to the Pin for Men was proudly won by Lars Nygren who also won the Captain's Prize. The Cow Bell together with the lesson from Gordon was won by Henk Vaandrager. The Guest Prize was

awarded to Brita Flach who made her 7th Hole in One on the 15th. Well done Brita!

After drinks and a masterly served lunch at the Clubhouse, the Managing Director of Portucale, SA, Vitor Campos, graciously presented the prizes and also allotted two green fees to those who did not manage to qualify for prizes and the lucky winners were Chris Judd and Axel Beselin.

The Captain of the RBCGS Graciete Gibbon thanked Portucale, S.A. for their continued support of this very enjoyable event.

The club are now looking forward to the last competition under the present captaincy, the President's Baffy, scheduled to be played on the 7th December 2007 at the Estoril Golf Course followed by the prize-giving dinner at the Club D. Carlos I restaurant, Guincho.

Autumn Praise

You are invited to...

an evening of Praise and Worship

7.00 pm
Saturday 17th November
Paraiso Hotel Chapel
Albufeira

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with Chapter One the Music Group of All Saints

Preacher : Rev'd Dave Picken - Chairman of 'On Fire' Charismatic Renewal Conference



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